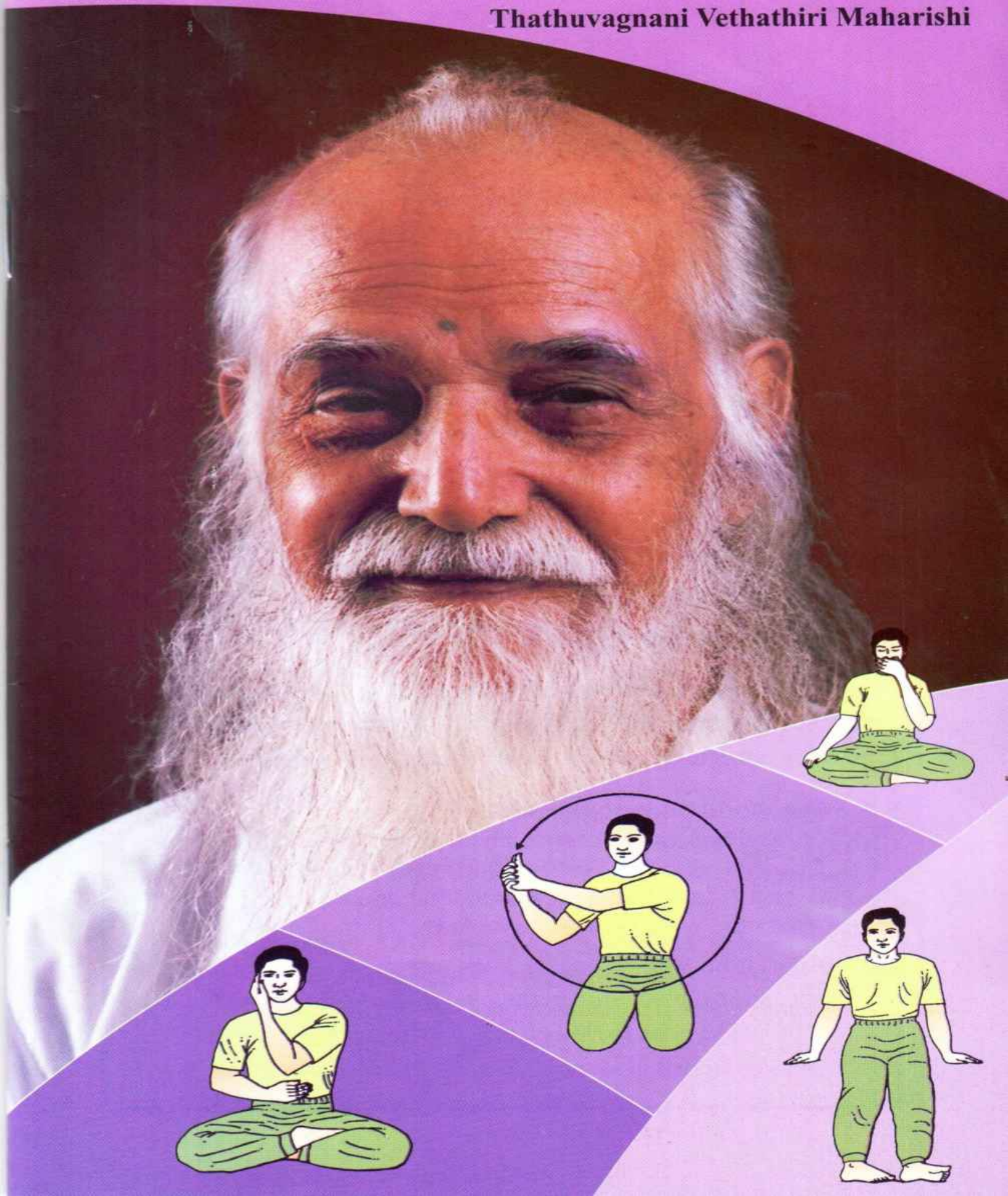
Simplified Physical Exercises

Thathuvagnani Vethathiri Maharishi



SIMPLIFIED PHYSICAL EXERCISES

Thathuvagnani Vethathiri Maharishi

The World Community Service Centre
Vethathiri Publications

President Office: 101, Iraniyan Street, Karur ByePass Road,
Opp. Manickavasakar Colony, Erode - 638002.
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AUTHOR'S PREFACE TO FIRST EDITION

Man is a harmonious blending of body and spirit – a marvellous fusion of physical structure, life-force and mental faculties that have evolved during countless millennia to a very high level of perfection. The human being has come into this world with a purpose, viz., to develop his Consciousness to the fullest extent and achieve perfection and everlasting peace. Although spiritual development is the goal of man, its realisation is possible only if the physical body is maintained in a healthy condition. For this, we must first of all know something about the structure and working of the human body.

In the functioning of the human system, it is the life-force that plays the main role; the physical structure serves only as a container. A closer study of the human being will reveal that it consists of five layers corresponding to the five elements: solid, liquid, heat, air and ether or Akash. Solid is the physical structure, liquid is the blood, heat is electricity, air is oxygen and Akash is the life-force.

The subtle life-force and the gross solid body are linked together by three media, viz., liquid, heat and air. If the normal quantity and quality of these media and the pace of their circulation within the human system are adversely affected in any way, the life-force in its electrical function gets short-circuited and the molecular arrangement in the physical body is disturbed or punctured.

As a result, the life-force gets obstructed, diverted or exhausted in proportion to the extent of the disturbance and the intensity of the short-circuit. Whenever there is such a disturbance, it is called ‘pain’.

If the disturbance is more intense, the pain is also more, as there is a corresponding increase in the exhaustion of the life-force. If the disturbance is for a short period, it is known as pain. If it extends over a long period, it is known as ‘disease’.

If the disturbance is of such magnitude that a major portion of the life-force is exhausted, the functioning of the physical body gets paralysed and comes to a standstill; such a condition is known as 'death'.

From the above analysis it will be clear that for maintaining good health one should guard against disturbances in the physical body, the life-force and the three media. Disturbances occur in two ways: either through our own actions or through the functioning of natural forces. Neglect, improper or over-indulgence in food, sleep, work, sex and use of thought-force are the factors by which the disturbances are caused by our own actions. Climatic differences, hereditary imprints and changes in the intensity of radiation of planets due to variation of distances and their conjunctions are the factors by which disturbances are caused by natural forces. Nature has provided a certain amount of immunity in all human beings against such disturbances.

But if this immunity level is crossed, health gets impaired. We can, to a large extent, avoid these actions that cause such disturbances. But, sometimes, we become victims to circumstances and act in such a way that we cross the immunity level. It is not possible to avoid the consequences of the functioning of the natural forces. Hence, the only course of action open to us is to raise our immunity level, so that our body will be able to with stand not only our own erroneous actions, but also the unpredictable onslaught of natural forces.

Over the centuries, man has discovered that through suitable physical exercises, he can develop and increase his immunity level so that he may guard against ill health. In case he falls a victim to disease due to unavoidable causes, he can recoup his health quickly by assisting Nature to cure the illness speedily and successfully.

There are two aspects in all physical exercises: Postures and Movements. The three media which we have referred to earlier (blood, heat and air) are circulating in the human system one within the other according to their specific gravity and they are

governed by the centripetal pull exercised by the Earth. When the normal position of the body is altered or when a part of the body is moved or turned towards the Earth or away from it, the location of the three media in that portion or part is also altered.

When a part of the body is turned towards the Earth, a little more blood flows to that part and little more air goes to the other side or part of the body which is upward. ln addition to this, if a rhythmic movement is also given, all the three media are suitably regulated. Through such systematic and well-regulated movements, the various parts of the body get cleansed, strengthened and rejuvenated. Thus, we can, through proper physical exercises, achieve a level of immunity against diseases which will enable us to maintain good health in spite of occasional erroneous actions or adverse natural forces.

From time immemorial, various types of physical exercises have been formulated in various countries according to the climatic conditions, the mode of lite and various other factors prevailing in those climates. These exercises were, to a large extent, formulated to suit an earlier age which was one of leisure when things moved slowly. Times have changed and we now live in an age of speed, stress and tension. Hence, our needs too are different and we cannot blindly adopt the exercises devised long ago that were found suitable for those times.

I thought over this problem for a number of years and I studied with care the various types of asanas and exercises. I practised many of them and I observed their results on my own body. My knowledge of the Indian systems of medicine helped in my researches. Finally I systematised a series of exercises which will be suitable for all climates, for all the sections of human community men, women and children.

These simple exercises, if practised regularly,

1. Oxygenise the human body.
2. Activate the endocrine glands.
3. Purify the blood and regulate its circulation.

4. Rejuvenate the whole system and
5. Thus help build up a very high level of immunity against diseases.

Blessed with a healthy body and a long span of life, man can advance successfully in his spiritual quest and realize the purpose for which he came to this Earth.

Anyone who practises these exercises regularly, will be surely benefited by them. But practitioners of the Simplified Kundalini Yoga (SKY) stand to benefit to a greater degree for these exercises are valuable aid to the practice of SKY.

I dedicate this book to Vaidya Boopathi Dr. Krishna Rao, my beloved Master and Guru. He has left this world long ago, but I can never forget all that he has done for me. I served a long period of fruitful apprenticeship under him. He taught me about the human body and about the human spirit, the ills that beset them and the ways to cure them. I went to him as an ignorant youngster, shy and reserved, but eager to learn. He made me feel at ease and nurtured my body and soul with affection and love.

For twelve long years he instructed me with untiring patience and benevolent solicitude. He was the source of strength in all my sadhanas and with a fatherly pride he rejoiced in my successes. My days with him are unforgettable and I always carry with me the fragrance of his benediction. He lit the lamp of knowledge in me and with this flame I have lit thousands of other lamps both in India and abroad. My work still goes on. I have lived a full life and in the fullness of my heart, I dedicate this small book with love and gratitude to Dr. Krishna Rao, my beloved Master and Guru.

Madras,
February 1977

VETHATHIRI

FOREWORD

Man, right from time immemorial, has developed the art of physical exercise. Every country has developed the art of gymnastics, the art of physical exercise, for toning up the whole body, its organs and its various functions such as blood circulation, digestive routine etc. A variety of exercises grouped under the term "Isometric exercise" are being practised by Armed Forces in every country in the world. These however, develop only apportion of the body or a particular organ.

Any exercise, if it has to be of lasting value, must fulfil certain conditions, (i.e.) it should be simple, single, similar, simultaneous and synchronous. The system of simple exercises, developed after deep thinking and years of research by Thathuvagnani Vethathiri Maharishi, fulfils all the above conditions.

Moreover these exercises are based on scientific truths and they are fully along scientific lines. All the exercises are of immense value, particularly the Neuro-muscular exercises and Acu-pressure. As a Medical man, as a scientist, as one practicing this art and as one teaching these simple exercises, I feel enthralled and I bow to the great master Thathuvagnani Vethathiri Maharishi for his foresight and wisdom in developing these simple exercises, a fore runner to our life of peace and tranquillity.

Let us all learn and practise this great art of simplified physical exercises for a real and true way of living.

Be Blessed by the Divine.

Madras,
20th February 1987

Major K.V. Ananthanarayanan M.Sc., M.S.,
Professor of Operative Surgery,
Chengalpattu Medical College, Chengalpattu.

PUBLISHER'S NOTE

We are happy to bring out the revised version of the book authored by Thathuvagnani Vethathiri Maharishi. Because of the great demand both in India and abroad, we have undertaken this new edition. The Chennai Television had earlier broadcast the entire system of exercises as a serial and many families, from children to senior citizens, have started practising these exercises. This revised edition would be a timely guide for them.

This book has been translated into English, Hindi, Kannada, Malayalam, Telugu, Japanese, Korean and Spanish languages. Renowned Karate Masters have also practised these exercises and have found them to be greatly beneficial.

The epilogue containing the article of Maharishi is indeed a great treasure. Maharishi has brought out the need and benefits of the physical exercises in his own succinct style.

The purpose of these exercises is not only to strengthen the physical body but also to regulate all the body functions and strengthen our mind so that we are able to free ourselves from the past imprints which have been weakening us.

Thus we can see that Simplified Physical Exercises system builds a foundation for our spiritual progress also.

This excellent book can be given as gifts to friends and relatives on celebratory occasions.

Be blessed by the Divine.

SKM. Maeilanandhan
President
The World Community Service Centre
Vethathiri Publications

REGARDING
THE WORLD COMMUNITY SERVICE CENTRE

The author of the book Thathuvagnani Vethathiri Maharishi established the World Community Service Centre in 1958 with the aim of bringing about peace, prosperity and happiness to the whole world. By following the practices taught here, everyone can develop himself physically, mentally, spiritually and socially and lead a life of fulfilment, joy and wisdom. Only when there is peace in individual, it will spread in the family, society and to the whole world. The following are taught in the World Community Service Centre and its affiliated trusts.

1. Simplified Physical Exercises
2. Simplified Meditation Practices
3. Kayakalpa Yoga
4. Introspection Courses

In addition, special meditation practises and discourses on self, society and Nature are given in Introspection and Brahmagnanam courses. For more details you may contact,

1. The World Community Service Centre

26, 2nd Seaward Street, Valmiki Nagar, Thiruvanmiyur,

Chennai - 600 041. Tel : 044-24571153 / 24571264

E-mail : chennai.wcsc@vethathiri.edu.in

Website : www.vethathiri.edu.in

2. Apart from this, these practices are given in Affiliated Trusts spread all over Tamilnadu, Andhra Pradesh, Karnataka, Kerala, Mumbai, Delhi and also in other countries.

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- 6. MAKARASANA (Part A and B)
    1. MAKARASANA (Part-A)
    2. MAKARASANA (Part-B)
- 7. MASSAGE
- 8. ACU-PRESSURE
- 9. RELAXATION

EPILOGUE - LIVE IN HEALTH AND HARMONY

IMPORTANT INSTRUCTIONS

1) The exercises contained in this book can be practised by anyone above the age of eight. Anyone of 80 years old can also start and practice these exercises.

2) The exercises should always be done without any jerk. The movements should always be smooth and graceful. Straining of any sort should be avoided.

3) The exercises should be practised in the morning on empty stomach.

4) If they are to be practised in the evening, four hours should lapse after taking solid food or half an hour after liquid food, coffee or tea.

5) After doing the exercises, a few sips of water should be taken. Any other type of food, solid or liquid, can be taken fifteen minutes after completing the exercises.

6) Those suffering from ailments such as heart trouble, etc., should practise the exercises after getting the advice of a qualified master of SKY (Simplified Kundalini Yoga).

7) Throughout these exercises, the practitioner should endeavour to concentrate on the movements of the body. It is, therefore, suggested that the eyes should be closed while doing the exercises.

   Exceptionally the following exercises should be done with open eyes.

   - ☐ the entire set of eye exercises
   - ☐ the posture and movements No.6 of Hand Exercises
   - ☐ the posture and movements No.7 of Part B of Makarasana

8) Physical Exercises should not be done directly on the floor. A mat or some thick spread on the floor should be used.

9) It takes just about halt-an-hour to complete the whole set of exercises.

10) These exercises are suitable for all climatic conditions.

11) Those who have undergone surgery should start practicing these exercises after three or four months.

12) Though these exercises can be practised by reading this book, it is better to learn from a qualified master of SKY. (Simplified Kundalini Yoga).

SPECIAL INSTRUCTIONS FOR WOMEN

1) Women should not practise these exercises during the days of their periods

2) Pregnant women (after two months of pregnancy) should not do the following exercises until delivery.

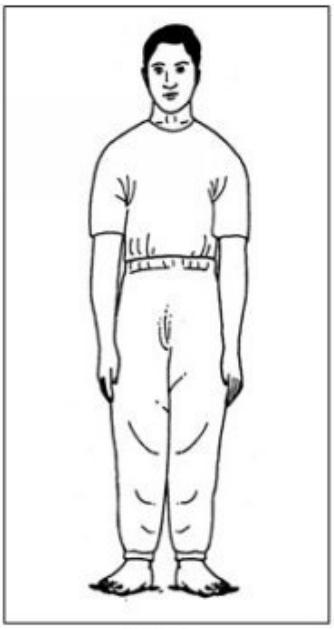
- ☐ Postures 1 and 2 of Neuro-Muscular Breathing Exercises.
- ☐ Part A and B of Makarasana.

3) Other exercises contained in this book may be done by pregnant women.

4) All the exercises may be practised again three months after delivery, provided the health is normal.

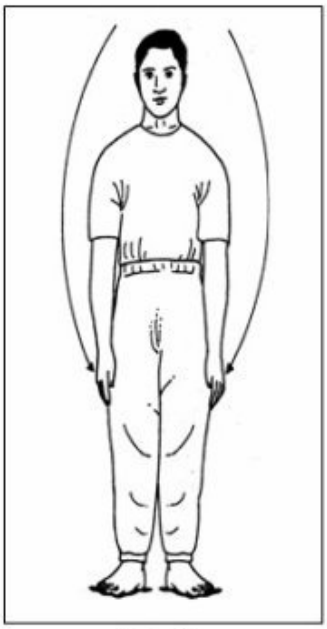
EXERCISES

1. HAND EXERCISES



H-1

H-2



H-3

POSTURE 1:

a) Stand erect and keep the feet 6 inches (15 cm) apart as shown in Fig. H-1.

b) Lift the hands above the head to the full stretch and join the palms and fingers together. The arms should be close to the ears as shown in Fig. H-2. Keep the arms up in the same position for 4 complete normal breaths.

c) Then bring the arms down to the thighs and rest for 2 normal breaths as shown in Fig. H-3.

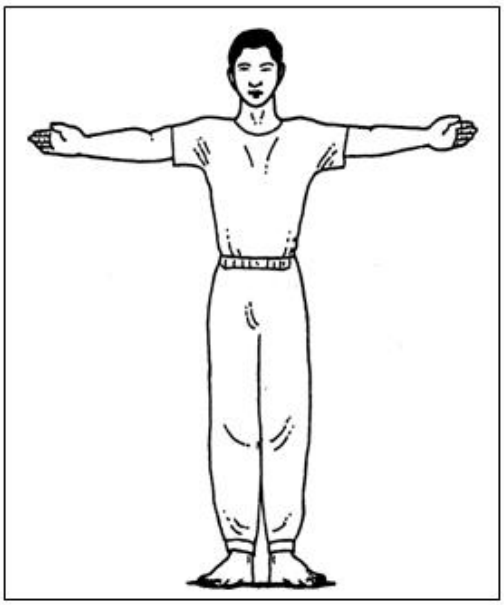
d) Do this exercise 3times.

POSTURE 2:

a) Spread the hands sideways at the shoulder level (Fig. H-4). Let the palms face in front.

b) Move both arms to the front at 90° to the chest and join the palms and fingers in front of the chest (Fig. H-5). Exhale while bringing

the hands together.



H-4

H-5

c) Spread the hands by moving them sideways to the back at the shoulder level. Inhale while moving the hands sideways.

d) Do this exercise 5 times by moving the hands front and back. Bring the arms down (Fig.H-1).

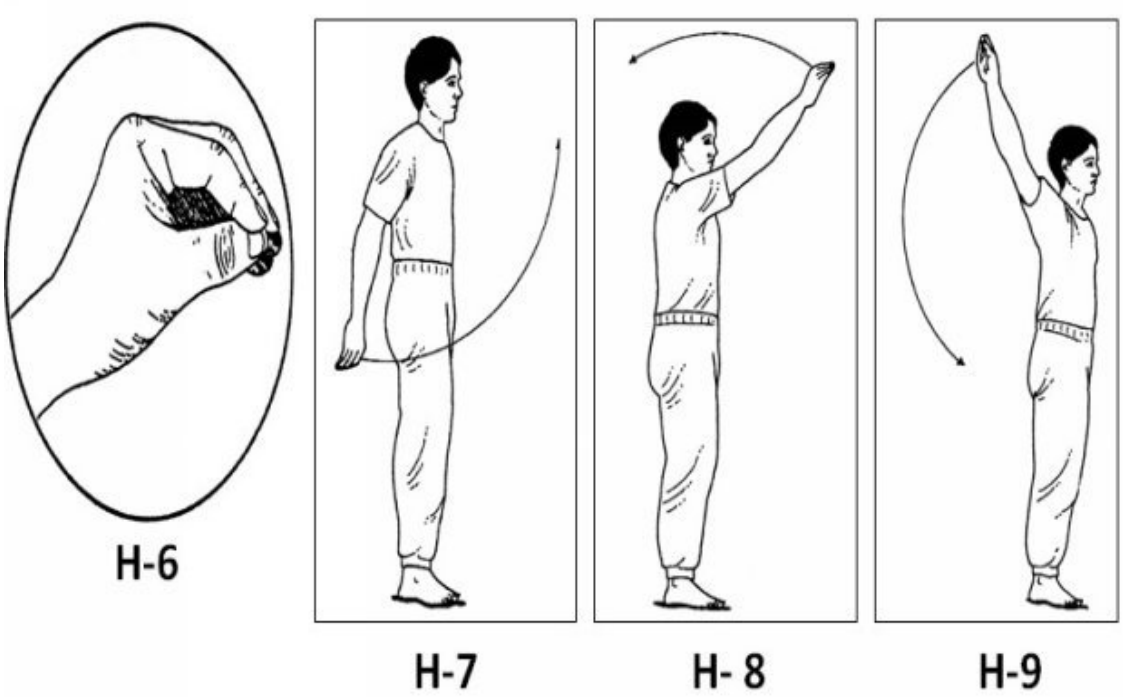
POSTURE 3:

a) Stand erect (Fig. H-1). Join the fingers of the right hand (Fig. H-6).

b) Rotate the right arm clockwise (from front to back) 5 rounds as shown in Fig. H-7, H-8 and H-9.

c) Join the fingers of the left hand and rotate the left hand clockwise 5 rounds.

d) Then rotate the right hand anti-clockwise (from back to front) 5 rounds.

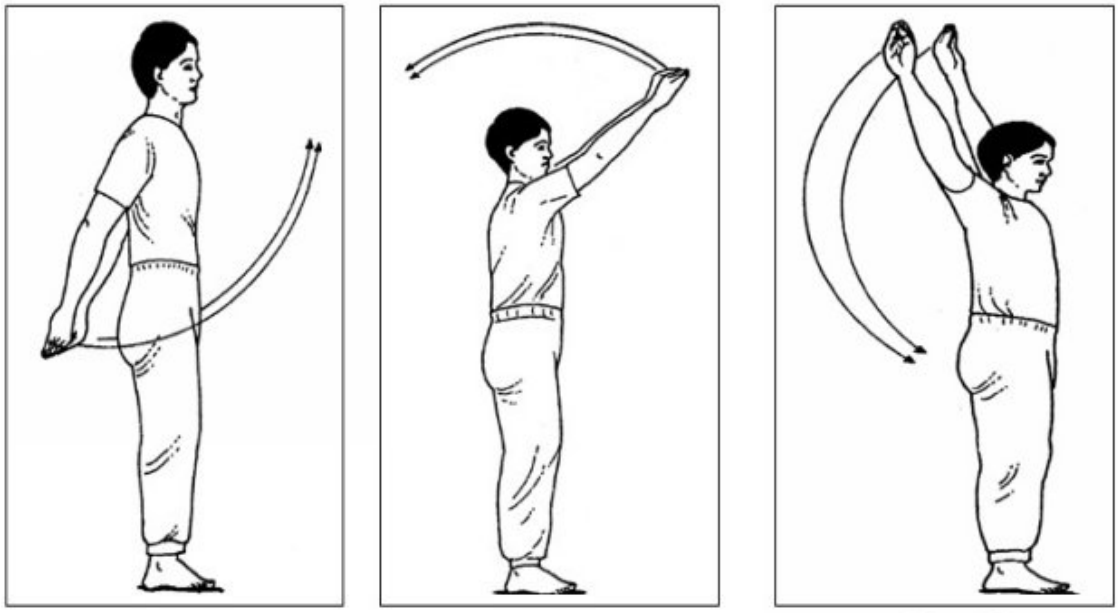


H-6 H-7 H- 8 H-9

e) Thereafter, rotate the left hand anti-clock-wise 5 rounds.

POSTURE 4:

a) Keep the fingers of both hands in the position shown in Fig.H-6.



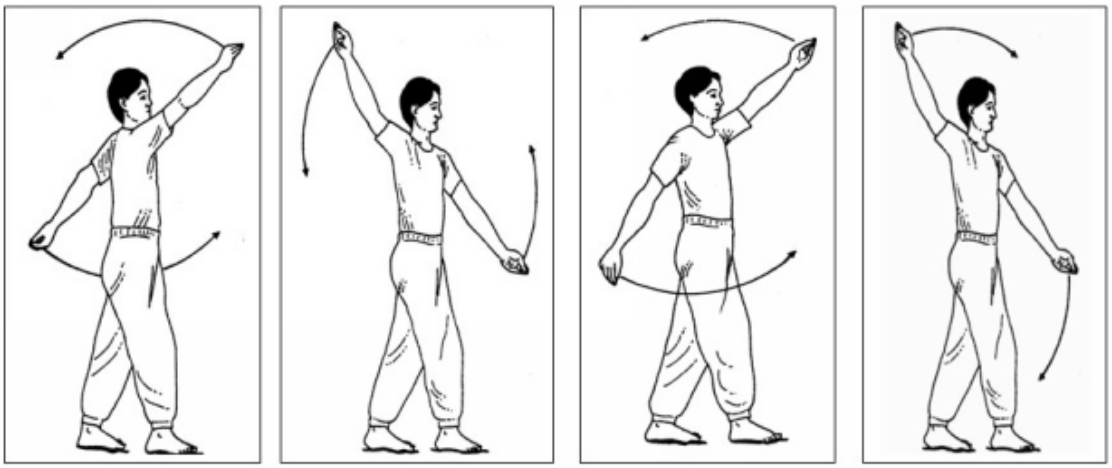
H-10 H-11 H- 12

b) Rotate both arms clockwise (from front to back) (Fig. H-10, H-11 and H-12). Elbows should be kept straight, without bending.

c) Do this clockwise rotation 5 times.

d) Then rotate both arms anti-clockwise (from back to front).

e) Do this anti-clockwise rotation 5times.



H-13 H-14 H-15 H-16

POSTURE 5:

a) Keep the fingers in the same position as shown in Fig.H-6. Keep the right leg one foot in front of the left. Keep the right arm in front and left arm in back (Fig. H-13).

b) Rotate both arms clockwise simultaneously (Fig. H-13, H-14 and H-15). While the right arm goes in the front, the left should go to the back and *vice-versa*. When the right goes up, the left should go down and *vice-versa*.

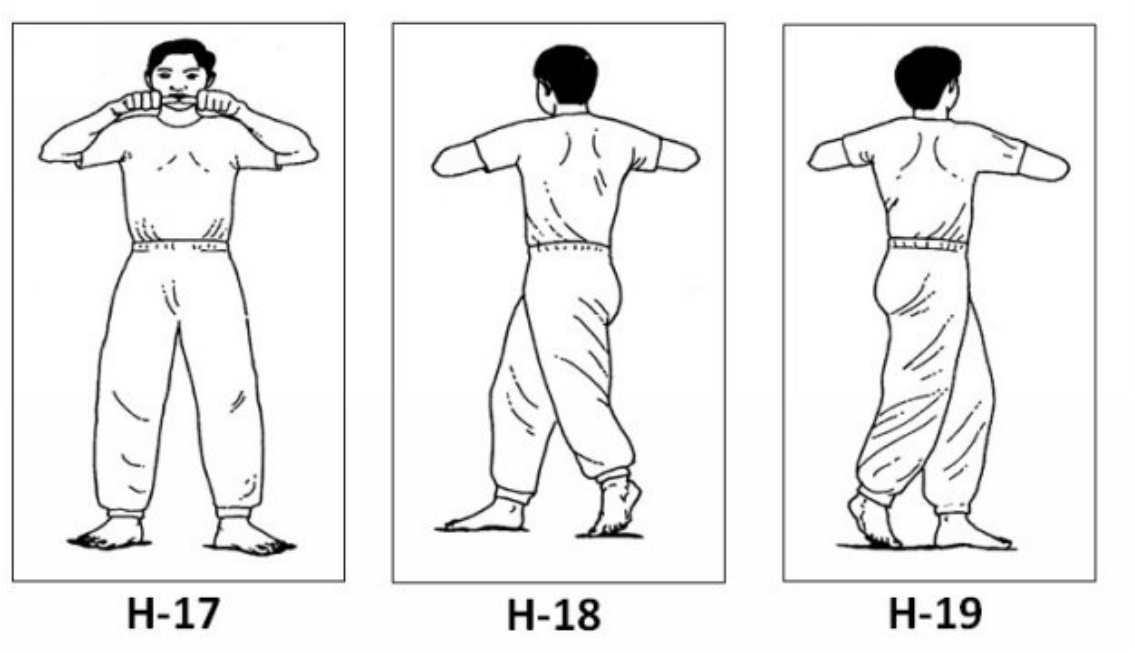
c) Do this 5 times.

d) Then repeat the same in anti-clockwise direction (H-16).

e) Do this rotation 5 times.

NOTE:

In postures 3, 4 and 5 the head should remain straight.



H-17 H-18 H-19

POSTURE 6: (Do this exercise with open eyes)

a) Stand erect keeping the feet 18 inches (45 cm) apart. Lift your arms to your shoulder level. Keep the thumbs touching at the tips (Fig.H-17), at a distance of one foot in front of your face.

b) Turn the whole body gently to the right (Fig. H-18), keeping the eyes on the tips of the thumbs. When you turn right, pivot on the big toe of the left foot and keep the right foot entirely on the ground.

c) Turn the whole body jointly to the left (Fig. H-19). When you turn left, pivot on the big toe of the right foot and keep the left foot entirely on the ground.

d) Repeat this exercise 5 times.

H-20

POSTURE 7:

a) Stand keeping the feet parallel and 3 inches (8 cm) apart. Place the hands on the knee-caps, bending the trunk forward. Bend the knees forward slightly (Fig. H-20). Keep the knees close together.

b) Rotate the knees together slowly clockwise 3 times.

c) Then rotate the knees anti-clockwise 3 times.

d) Again rotate the knees clockwise 3 times.

BENEFITS:

1) Circulation of blood, heat, air and life-force in hands and arms becomes normal and regular.

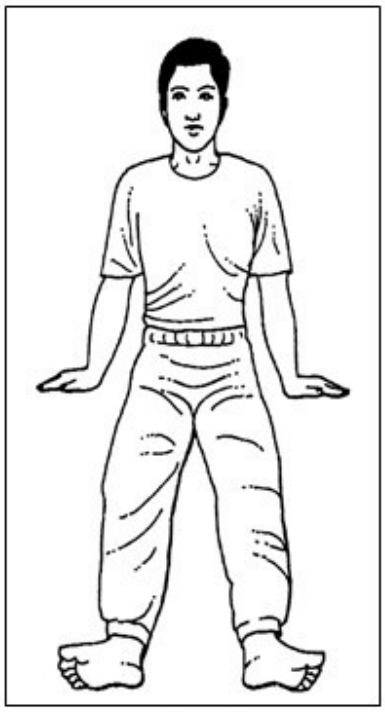
2) Hands and shoulders are strengthened.

3) Arthritis and conditions where the limbs become numb during rest are reduced and possibly cured.

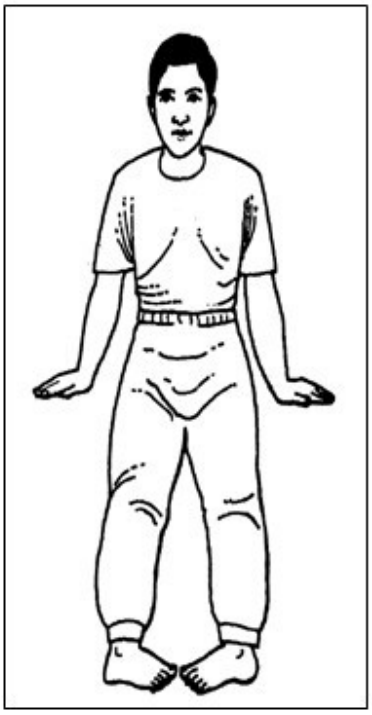
4) Pains in shoulder joints and knee joints are cured.

5) Trembling of hands and pain in finger joints are cured.

2. LEG EXERCISES



L-1



L-2

POSTURE 1:

a) Sit on the floor extending the legs. Keep the feet 18 inches (45 cm) apart. Keep the hands behind as shown in Fig. L-1.

b) Bend the feet inward till the big toes touch the floor (or to the extent possible) as in Fig. L-2.

c) Then stretch the feet outward till the little fingers touch the floor.

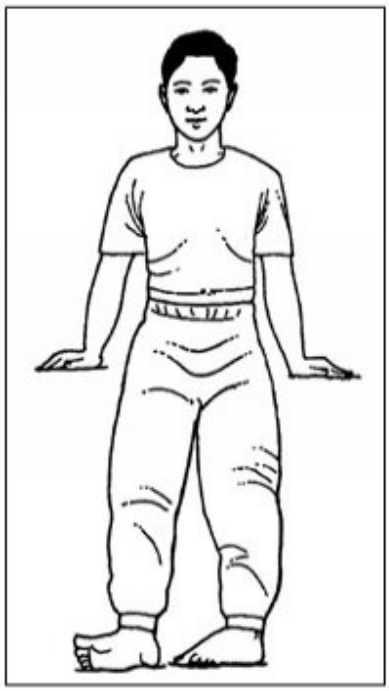
d) Do this exercise 5 times in each direction by waving the feet inward and outward.

POSTURE 2:

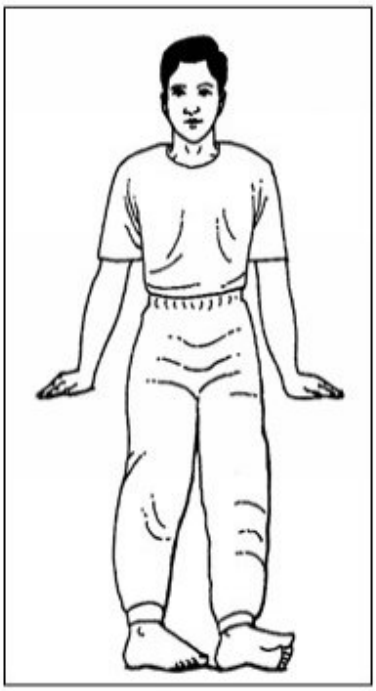
a) Keep the feet 12 inches (30cm) apart.

b) Turn both the feet simultaneously towards right (Fig. L-3) so that the small finger of the right foot and the big toe of the left foot touch the floor.

c) Turn both the feet simultaneously towards left (Fig. L-4) so that the small finger of the left foot and the big toe of the right foot touch the floor.

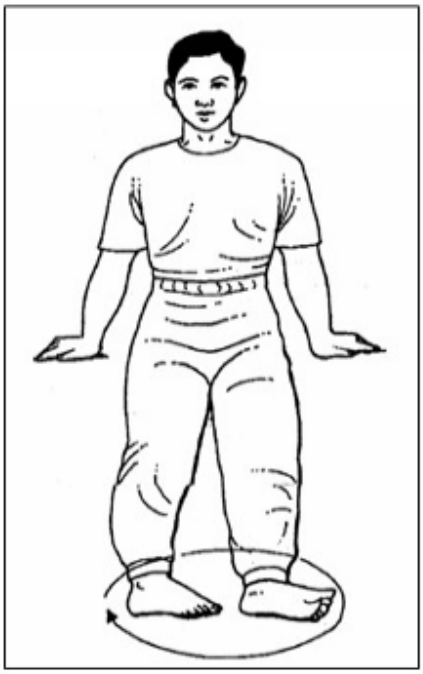


L-3



L-4

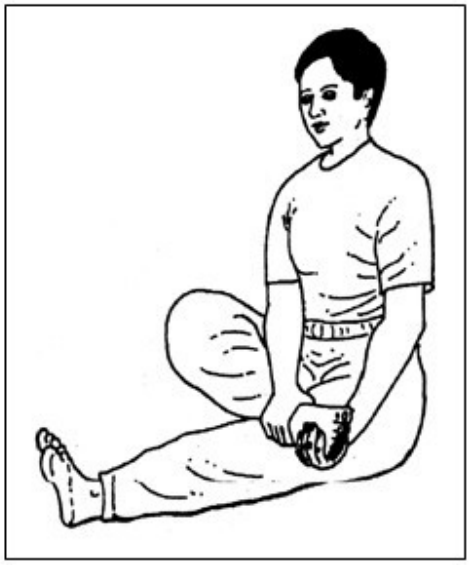
d) Do this exercise 5 times each side.



L-5

POSTURE 3:

a) Keep the feet one foot (30 cm) apart.
b) Rotate the feet clockwise 5 times (Fig. L-5).
c) Rotate the feet anti-clockwise 5 times.
d) Again rotate the feet clockwise 5 times.



L-6

L-7

POSTUHE 4: (Foot Reflexology)

a) Keep the right foot on the left thigh (Fig. L-6).

b) Using both the thumbs of hands, press and massage the right foot in the manner illustrated below. The other four fingers should rest on outer foot to help the pressure being applied evenly (Fig. L-7).

Toes of the Foot:

c) First, massage your right toe with both the thumbs.

d) Then massage the next two toes of the foot, simultaneously with each thumb. The right thumb should massage the second toe of the foot and the left thumb should massage the third toe.

e) Similarly, the last two toes should be massaged with both the thumbs.

Foot:

f) Then, massage the sole of the foot starting from the region below big toe to the small toe, across the foot. Then, come down a little and start from the region below small toe and massage across the foot to the big toe.

g) Like this, massage the entire foot in a zigzag/crisscross manner. No part in your foot should be left unmassaged. You should massage with your thumbs only, while the other four fingers of your hands resting on other side of your foot.

h) Then, apply pressure gently on the arch (soft portion) of your foot.

i) Then, apply pressure on the heel.

j) Then, apply pressure by both the hands, on the sides of the foot from top to bottom, from bottom to top and once again from top to bottom. The thumbs should press on the inner edge and the other fingers should press on the outer edge of the foot.

Ankle - Applying pressure:

k) Press the parts around the ankle joint. The thumbs should press on the inner side of the joint and other four fingers should press on the outer side.

Massaging the Ankle:

l) Next, place the right palm over the inner side of the ankle joint and the left palm on the outer side of the ankle joint.

m) Massage the ankle joint simultaneously on the inner side and outer side in clockwise direction.

n) Massage like this for 3 times.

o) Next massage the ankle joint in anti-clockwise direction 3 times.

p) Once again massage the ankle joint simultaneously, in clockwise direction 3times.

L-8

Foot Rotation:

q) Next, hold right leg at ankle in the right palm and the toes by the left hand (Fig. L-8)

r) Rotate the foot using the left hand, clockwise with toes going downwards.

s) Do this rotation 5 times.

t) Rotate the foot anti-clockwise. Toes of foot should go up.

u) Do this rotation 5times.

v) Once again rotate the foot clockwise.

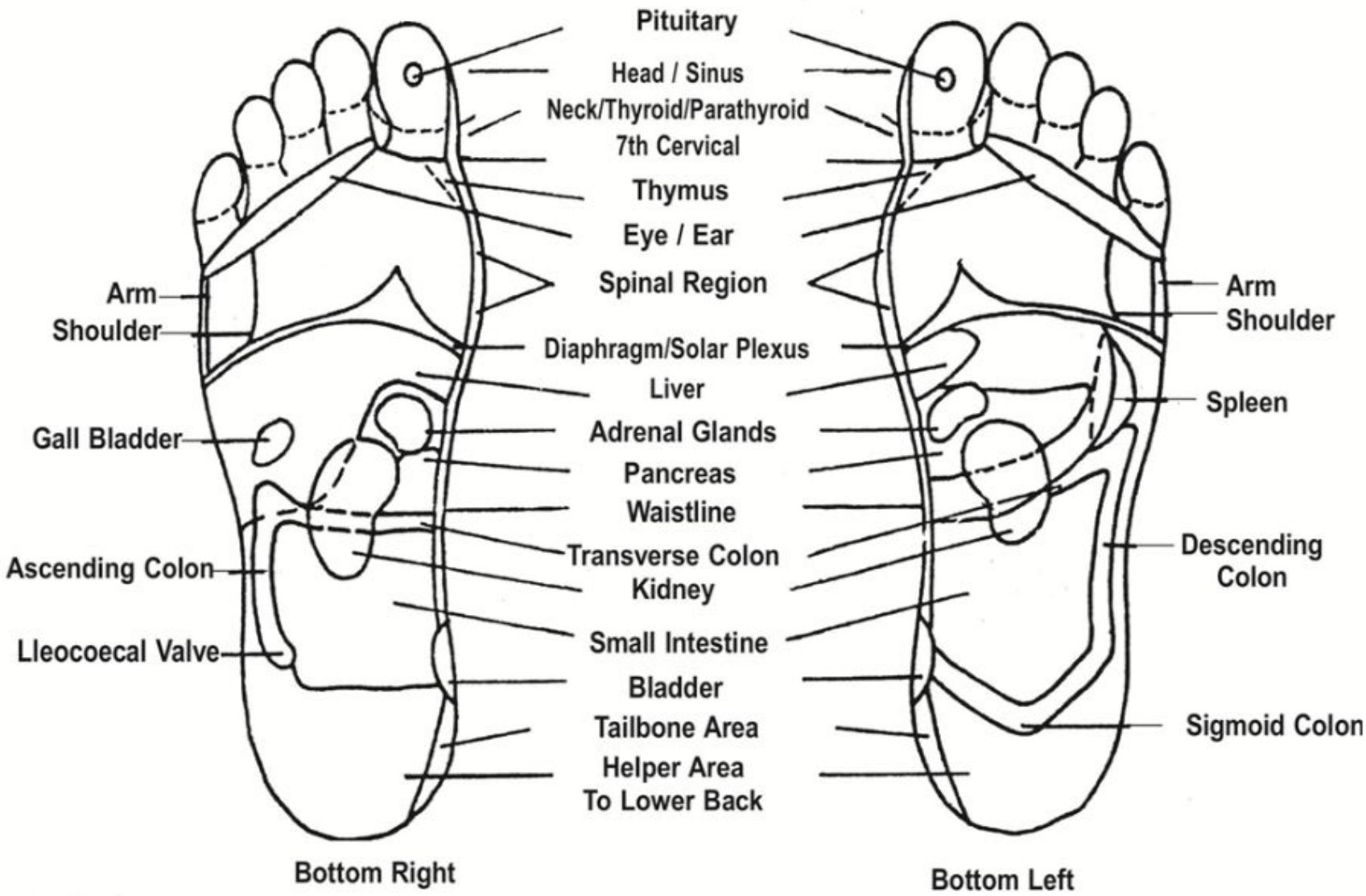
w) Do this rotation 5 times.

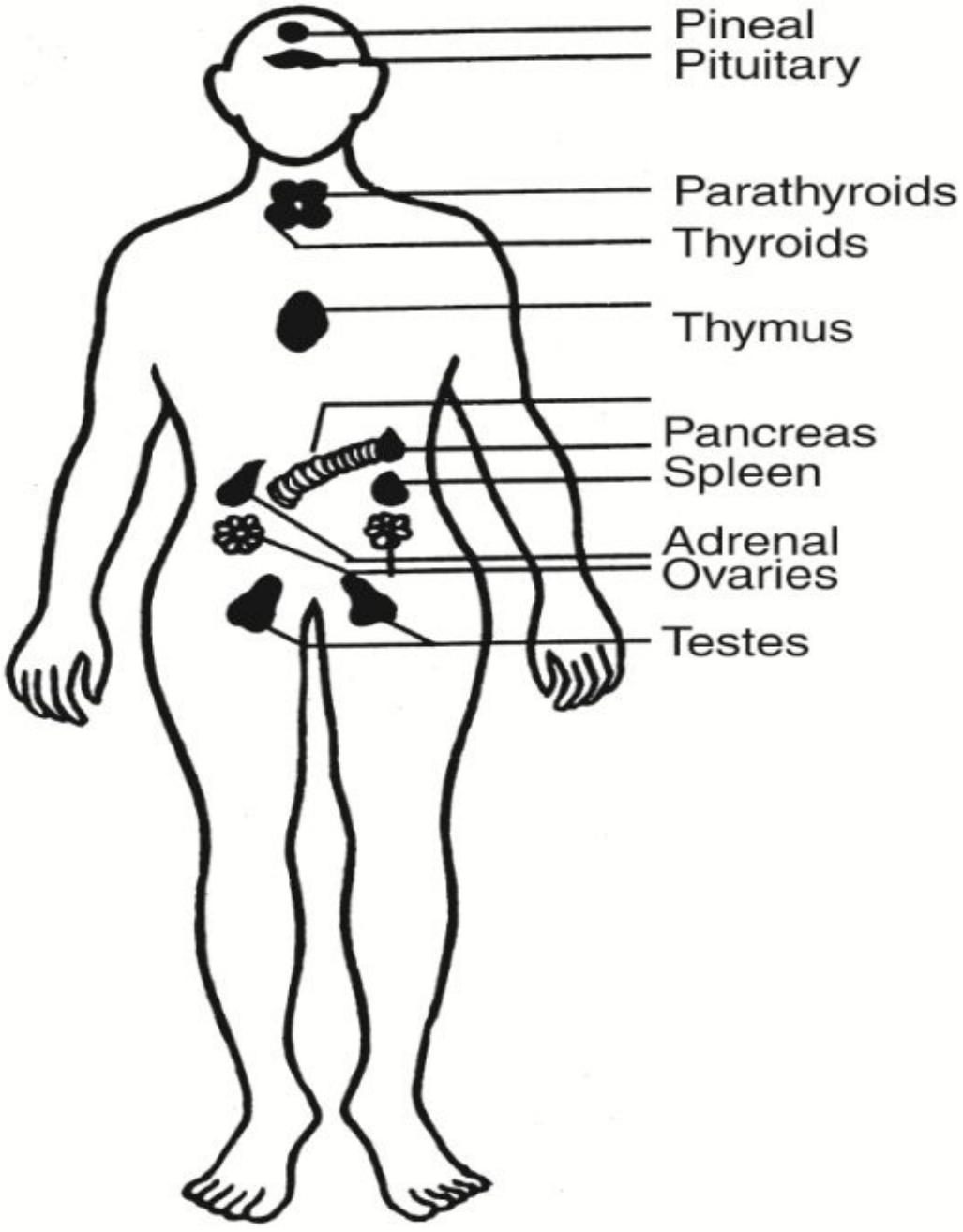
x) Next, apply pressure with both the hands from ankle joint to knee joint.

Important:

Do not press any point too much if you feel pain or tenderness, while pressing /massaging that point.

FOOT REFLEXOLOGY

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Thymus
Pancreas
Spleen
Adrenal
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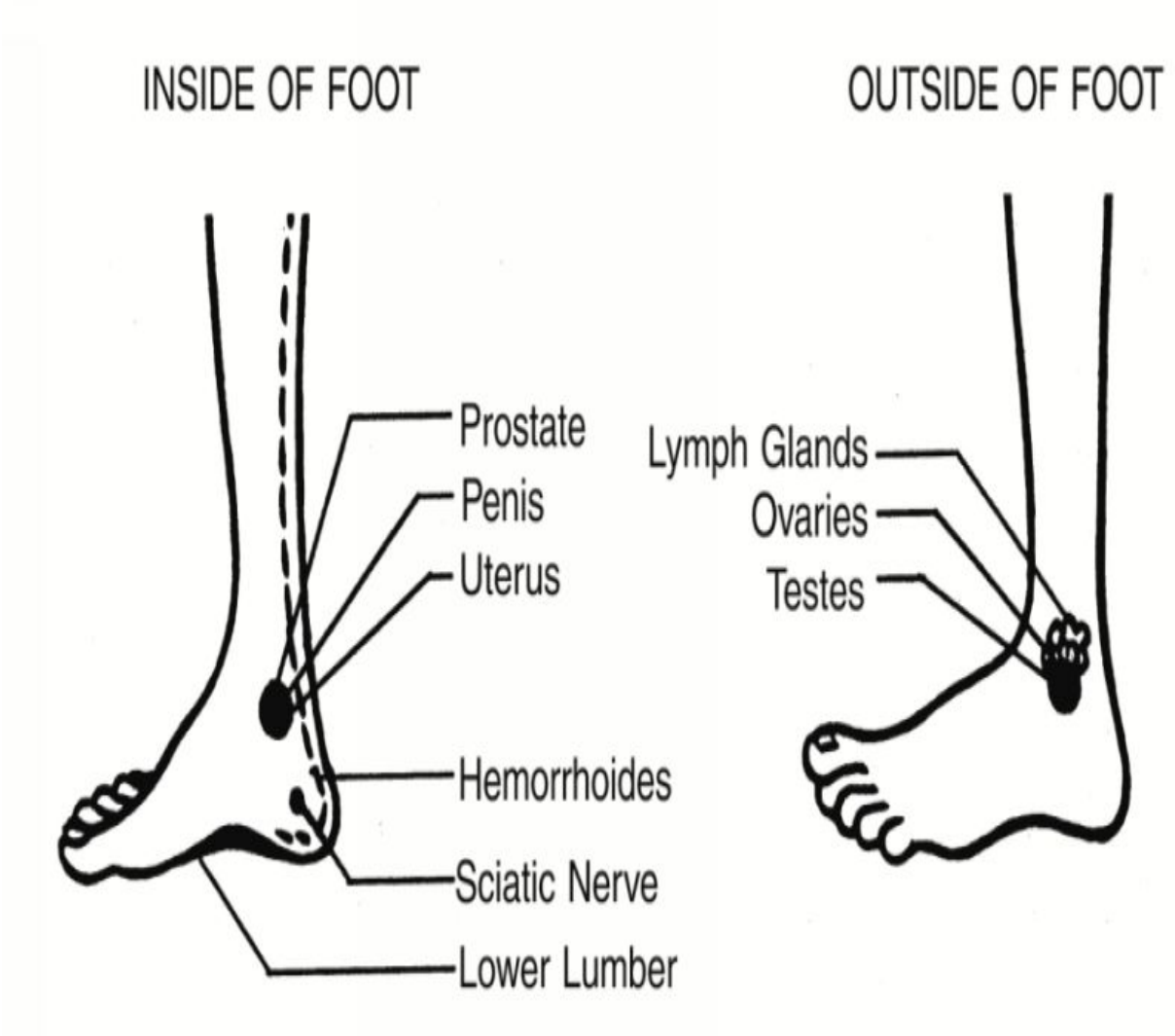
Testes

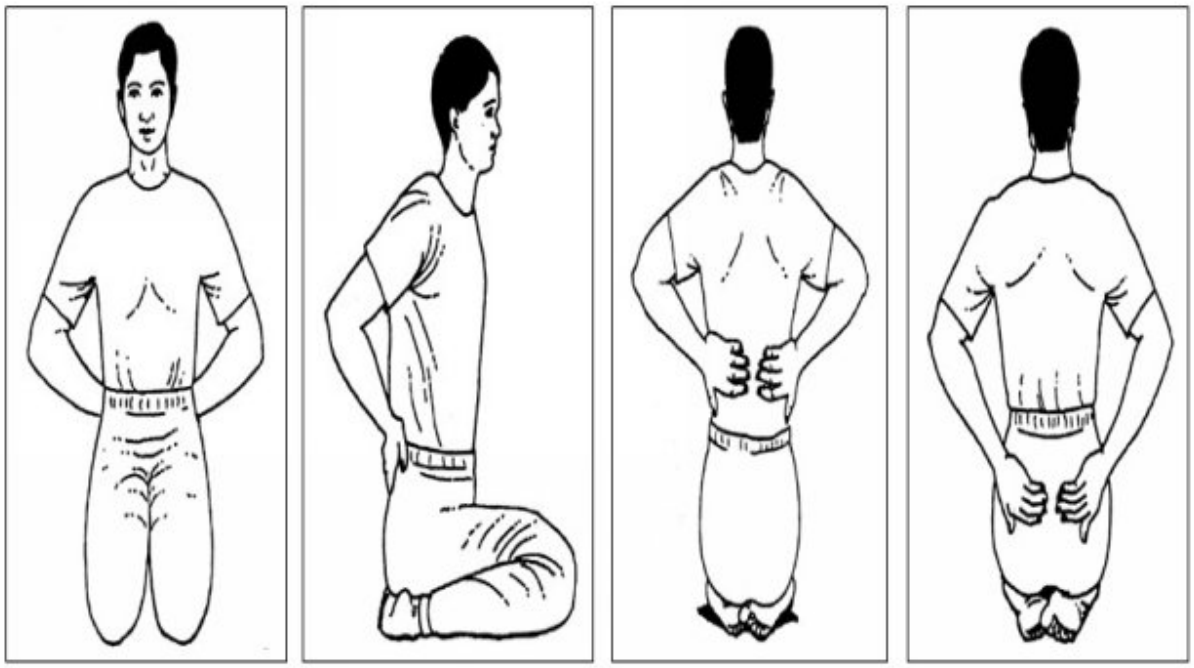


POSTURE 5:

a) Keep the left foot on the right thigh.

b) Apply pressure on the left foot similar to the procedure followed on the right foot in Posture-4 from (b) to (x).

POSTURE 6:



L-9 L-10 L-11 L-12

a) Sit in the kneeling (Vajrasana) posture as shown in Fig. L-9 and L-10. Place the right big toe over the left big toe. Keep the heels apart and sit comfortably between the heels. Place hands on the back touching the spinal column and the two thumbs on the side.

b) Slightly press and massage the back from upper part to lower part, over the kidney region (Fig. L-11 and L-12).

c) Do this exercise 5 times.

BENEFITS:

1) Legs are strengthened.
2) Blood circulation gets regulated in all parts of the abdomen.
3) This exercise is curative and preventive for sciatica and arthritis.
4) By pressing and massaging the sole and the toes, important organs in the body such as heart, lungs, intestines and brain are activated.

NEURO-MUSCULAR BREATHING AND MAKARASANA-BENEFITS

These are two sets of marvellous Yogic techniques. The physical and mental benefits of these two techniques are better experienced than expressed.

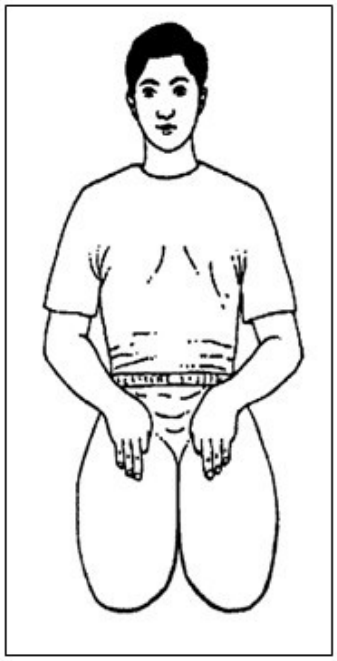
Physically these two practices massage the viscera (the liver, the spleen, the intestines and the kidneys).

- ☐ Strengthen the abdominal muscles.
- ☐ Activate the pancreas to produce the correct quantity of insulin (thereby making blood-sugar normal).
- ☐ Eliminate the complications of diabetes.
- ☐ Ventilate the lungs.
- ☐ Normalise the activity of the endocrine glands.
- ☐ Control the activity in the uterus and ovaries incase of women and relieve them from menstrual disorders.
- ☐ Regulate the functions of the sympathetic and parasympathetic nerves.
- ☐ A regular practice of the two techniques results in radiant health.
- ☐ Distended stomach would shrink to an appreciable extent.
- ☐ Over weight of the body will get reduced gradually.
- ☐ Combined with meditation, these allay fear.
- ☐ Anxiety gets replaced by calmness.
- ☐ A new healthy attitude sets in, which will fill you with the joy of elevated thoughts.

3. NEURO-MUSCULAR BREATHING EXERCISES

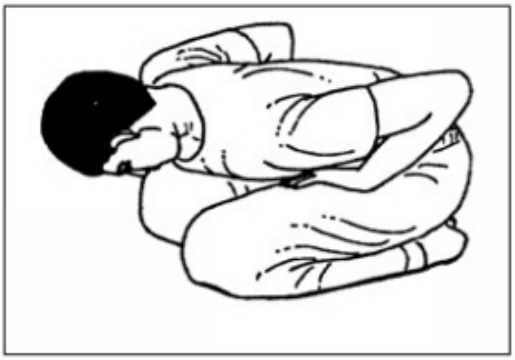
POSTURE 1:

N-1

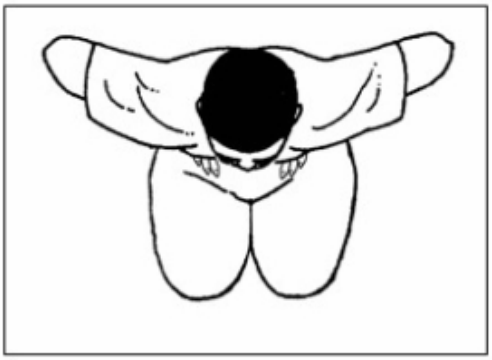


N-2

a) Sit in kneeling posture (Vajrasana) with the right big toe over the left big toe. Keep your knees close together. Rest your bottom comfortably between the heels. Join the index finger and thumb of each hand forming a ring stretch out the other three fingers (Fig.N-1). Fix the joined fingers in between the thighs and the abdomen (Fig. N-2) and other fingers over your thighs; Inhale slowly and deeply.



N-3



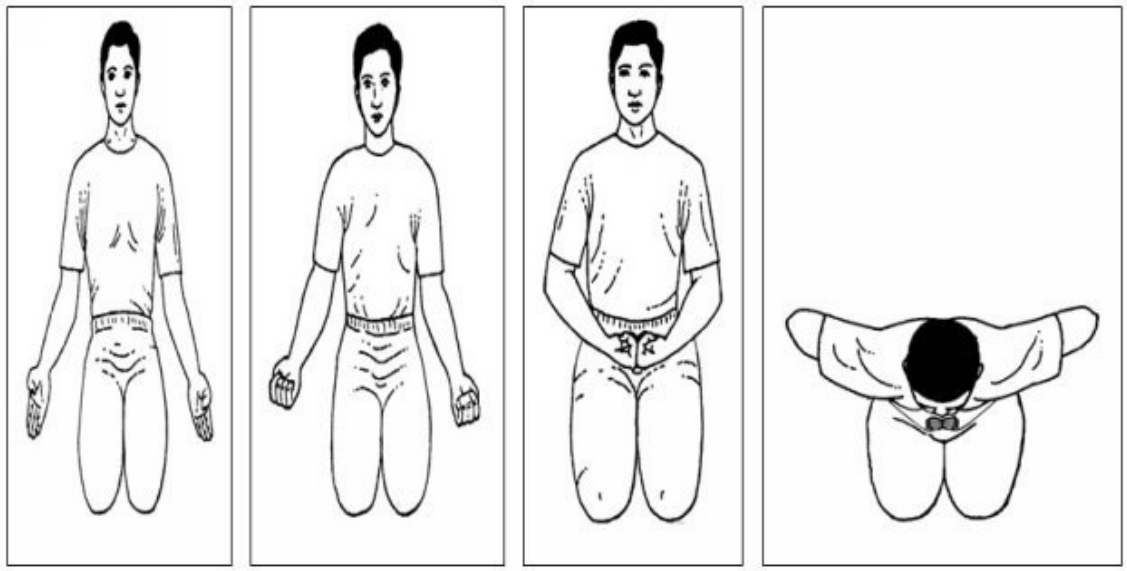
N-4

b) Exhale slowly and simultaneously bend forward as much as possible without any strain (Fig. N-3). Your bottom should not be raised off the heels. During bending forward, the spinal cord, neck and head should be in a straight position (Fig.N-4).

c) Then inhale slowly and deeply, and simultaneously raise the body to the upright position.

d) Do this breathing exercise 5 times.

POSTURE 2:



N-5 N-6 N-7 N-8

a) Maintain the kneeling posture. Bend both the thumbs onto the palms of both hands (Fig.N-5). Close four fingers over the thumb (Fig.N-6). Keep the fists joined in your lap (Fig.N-7). Inhale deeply.

b) Exhale slowly and deeply, and simultaneously bend forward (Fig. N-8).

c) Then inhale slowly and deeply, while raising the body to the upright position.

d) Do this exercise 5 times.

NOTE:

In both exercises (Posture 1&2), you should not bend your neck or head.

POSTURE 3:

N-9

a) Sit comfortably in a cross-legged position (sukhasana). Cover the navel with the right palm, and touch the right ear with the left fingers (Fig.N-9). Folded left arm should touch and press the left chest. Keep the body erect and face straight.

b) Inhale and exhale slowly and deeply without retention of breath. By doing this, a slight pressure is created on the front of the left lung. When a deep breath is drawn, the back of the left lung and entire right lung are fully expanded.

c) Do deep breaths 5 times.

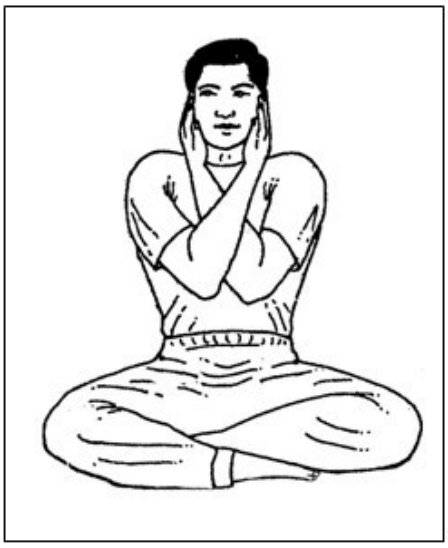
POSTURE 4:

N-10

a) Change your hands to the opposite side. Cover the navel with the left palm and touch the left ear with the right fingers (Fig. N-10).

b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By doing this exercise, a slight pressure is created on the front of the right lung. When a deep breath is drawn, the back of the right lung and entire left lung are filled with air and fully expanded.

c) Do this breathing exercise 5 times.



N-11

POSTURE 5:

a) Touch the right ear with the left fingers and the left ear with the right fingers (Fig. N-11). Your left forearm should touch your chest and right forearm should be over your left forearm.

b) Inhale and exhale slowly and deeply. Do not retain your breath at any stage. By doing this exercise, back portions of both the lungs are fully expanded.

c) Do this breathing exercise 5 times.

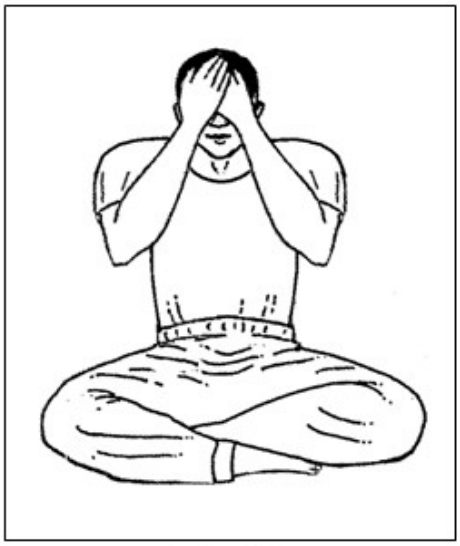
N-12

POSTURE 6:

a) Cover the right ear with the right palm and the left ear with the left palm spreading the arms sideways (Fig. N-12). Fingers should touch the back of the head.

b) Inhale and exhale slowly and deeply. Here, both lungs are fully expanded.

c) Do this breathing exercise 5 times.



N-13

POSTURE 7:

a) Cup your hands and do palming of the eyes with the left palm over the left eye and the right palm over the right eye (Fig. N-13). The eyes should be closed.

b) Inhale and exhale slowly and deeply.

c) Do this breathing exercise 5times.

NOTE:

In each of these seven postures, do not retain your breath after inhalation or exhalation.

BENEFITS:

a) The Neuro-muscular breathing regulates the endocrine system and oxygenises the blood.

b) It ventilates the lungs and increases the vital energy.

c) It helps curing headache, insomnia, asthma and other bronchial troubles.

d) Tiredness is not felt even after working for a full day.
e) Students are benefited in their studies due to increase in absorbing capacity, retention capacity and recalling capacity.
f) Functioning of the nervous system is improved.

4. EYE EXERCISES

POSTURE 1: HORIZONTAL

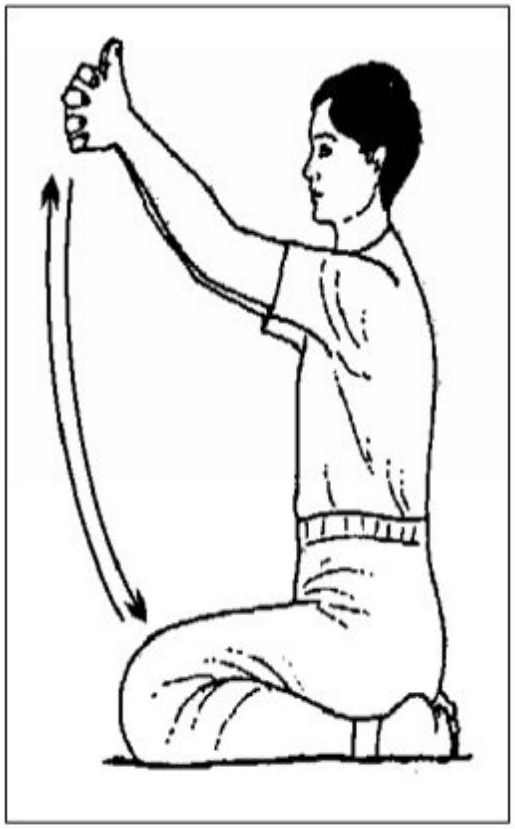
E-1

E-2

a) Sit comfortably in kneeling posture (Vajrasana) and clasp hands with the thumbs together upright (Fig. E-1). Raise the clasped hands to a level slightly lower than the eyes and keep elbows slightly bent. Focus the sight on the thumb-nails. Keep this posture throughout these eye exercises.

b) Swing the hands horizontally to right and left extremes (Fig. E-2). The eyes should move along with the thumbs from left to extreme right and from there back to the extreme left. Give a slight swing to the head to follow hands but head should not be turned fully. The movement should be semi-circular.

c) Do this exercise 5 times.



E-3

POSTURE 2: VERTICAL

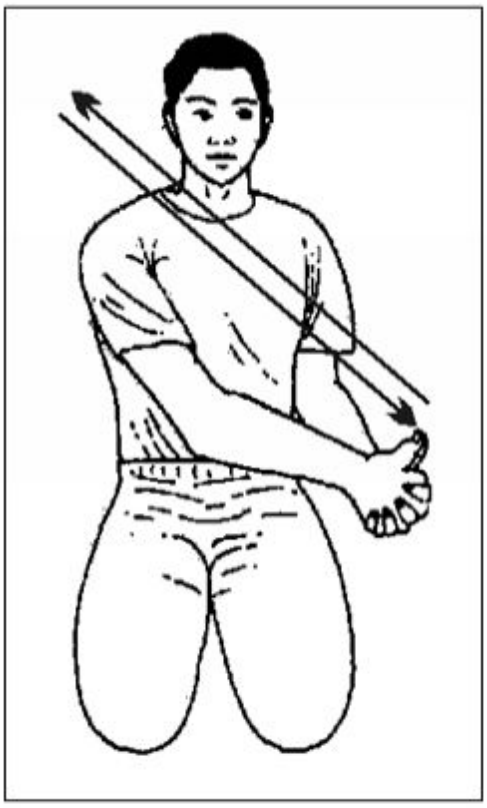
a) In the same posture with the eyes fixed on the thumbnails, keep your hands on your lap near the knees.

b) Lift the hands vertically upwards as far as possible and bring them down to the lap, swinging the eyes up and down along with the thumbs (Fig. E-3). The eyes should move in unison with up-and-down movement of hands. You may move your head slightly but should not turn up or down fully.

c) Do this eye exercise 5 times.

NOTE:

To remember the above two exercises, keep in mind the (plus) symbol. (Posture 1 – Horizontal line; Posture 2- Vertical line).



E-4

POSTURE 3: DIAGONAL-I

a) Sitting in the same posture, keep your hands near the outside of your left thigh.

b) Move the hands up and down diagonally starting from left lower corner (thigh) to right upper corner (shoulder) (Fig. E-4).

c) Then bring your hands back to the starting point outside the left thigh with eyes fixed on the thumb-nails. Your neck may turn slightly.

d) Do this exercise 5 times.

e) All the above movements should be semi-circular.

POSTURE 4: DIAGONAL- II

a) Sitting in the same posture, keep your hands near your right thigh. The eyes should remain focused on thumb-nails.

b) Move the hands up and down diagonally starting from right lower corner (thigh) to left upper corner (shoulder) (Fig. E-5).

E-5

c) Then bring your hands back to the outside of right thigh with eyes fixed on the thumb-nails. All the above movements should be semicircular.

d) Do this exercise 5 times.

e) All the above movements should be semicircular.

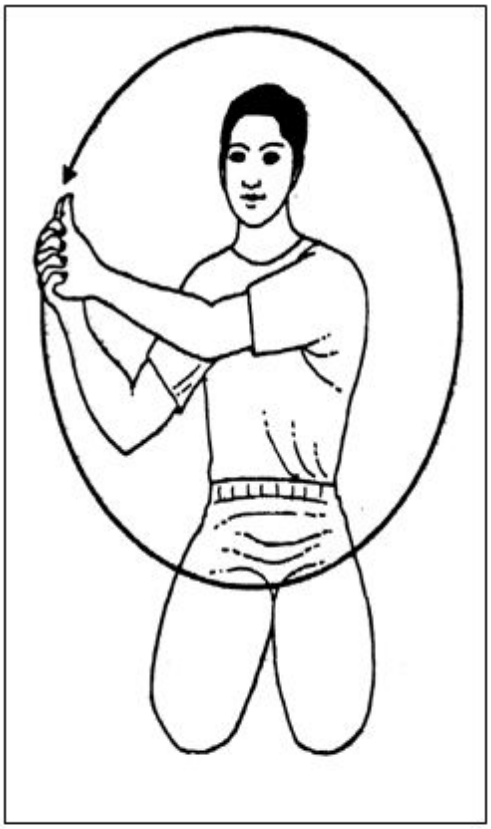
NOTE:

To remember the above 2 exercises, keep in mind the 'X' (multiplication) symbol.

POSTURE 5: CLOCKWISE ROTATION

a) In the same posture with the eyes fixed on the thumb-nails, keep your hands on your lap.

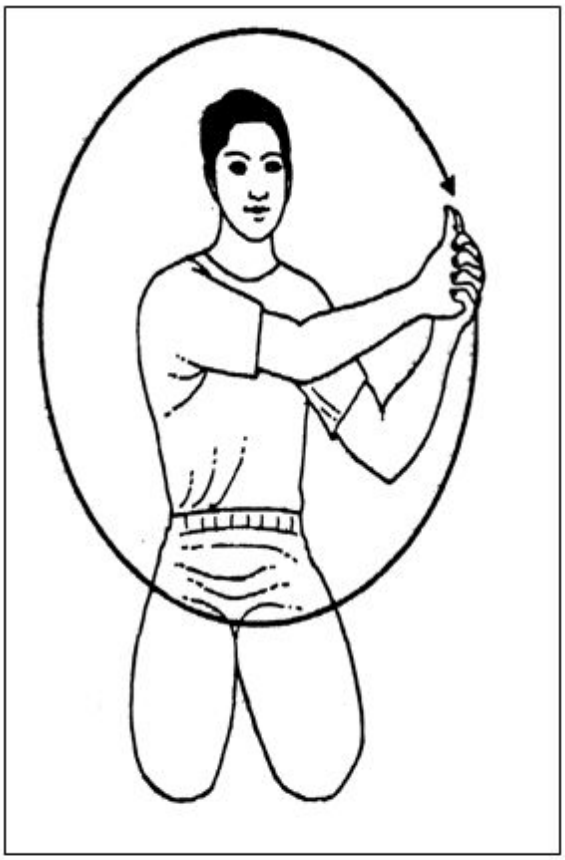
b) Slowly move the hands and arms in a big circle in clockwise direction (Fig. E-6.) Stretch your arms as much as possible to form a circle. The eyes should move freely, following the direction of thumb. Move your head slightly with the rotation.



E-6

c) Do this exercise 5 times.

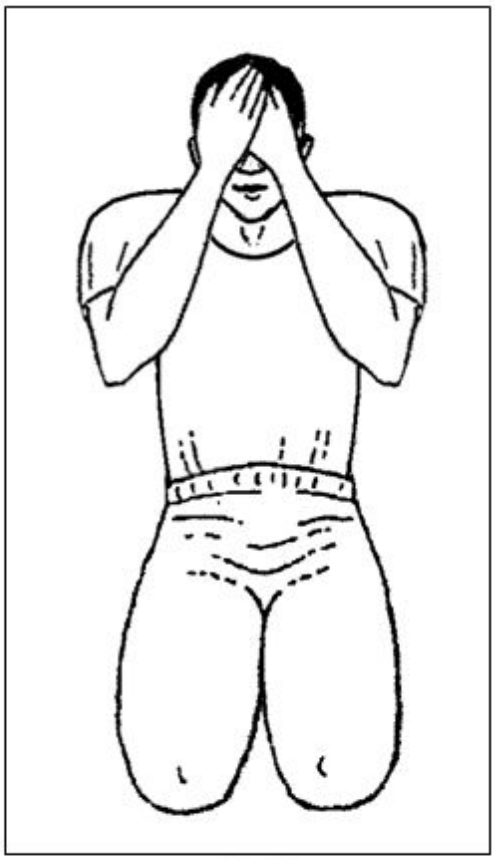
POSTURE 6: ANTI-CLOCKWISE ROTATION



E-7

a) Repeat the same as above in anti-clockwise direction (Fig. E-7).
b) Do this exercise 5 times.

E-8



E-9

POSTURE 7: TO AND FRO

a) Draw the hands close to the eyes at a distance of 3 inches (7.5 cm) from the nose tip by bending the elbows.

b) Then extend the hands away from the eyes fully straightening the arms (Fig. E-8).

c) Then bring your hands back close to your nose tip by bending the elbows.

d) Repeat this to and fro movements 5 times, all the while keeping the eyes on the thumbnails.

PALMING (EYE RELAXATION):

After completing the eye exercises, practise 'palming' your eyes. Lightly cover your closed left eye with your left palm and your closed right eye with your right palm (Fig.E-9). Fingers of left

hand should touch the centre of forehead and fingers of right hand should be placed over left hand fingers.

Relax your eyes for at least one full minute.

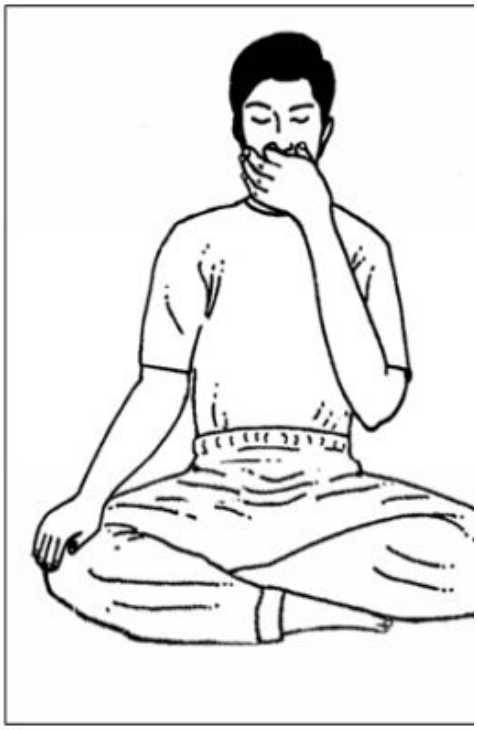
BENEFITS:

1) This exercise helps to correct defects in eyesight by toning up the muscles around the eyes.
2) Lt also prevents eye-strain, itching and other eye disorders.
3) By continuous practice, one can reduce the use of spectacles.

5. KAPALABATHI

Kapalabathi should be done with eyes closed. From beginning to end of this practice, retain "moola bandham". Get details of moola bandham from the nearest branch of World Community Service Centre.

K-1



K-2

a) Sit comfortably in normal posture (Sukhasana). Place right hand on right lap.

b) Close the left nostril with the left thumb (Fig.K-1).

c) Exhale forcefully through the right nostril. Then inhale through the same right nostril.

d) Then close the right nostril with the index finger of left hand and at the same time remove left thumb from left nostril (Fig.K-2).

e) Exhale forcefully through left nostril and inhale through the same left nostril.

f) Repeat this sequence 10 times. Keep left hand on left lap. Rest for one minute. This is one cycle.

During this practice, breath should not be retained or stopped. While exhaling, breath should be forcefully let out; inhaling is done quickly, but gently and naturally. Mouth should be kept closed at all times.

NOTE:

Those with high blood pressure, hernia or heart problems need not do this exercise.

BENEFITS:

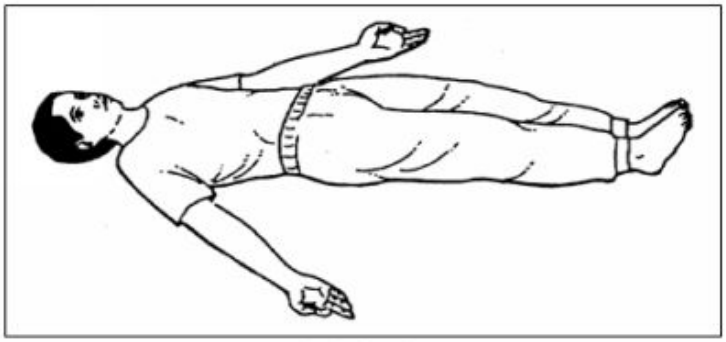
1) Sinus problems are cured.
2) Dust and other particles in the nose and sinuses are removed.
3) Body becomes energised.
4) Supply of blood to brain increases.

6. MAKARASANA (Part A and B)

1. MAKARASANA (Part-A)

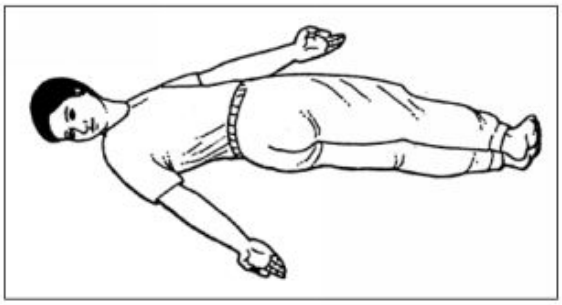
POSTURE1:

In Part A of Makarasana, the basic posture is lying down flat on the back.

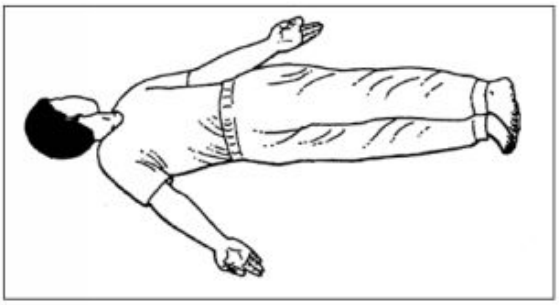


MA-1

The hands are kept at 45° to the body with palms facing up (Fig. MA-1). The tips of the thumb and the first finger of both hands are joined together like a ring. The other three fingers should be stretched. This is known as "Chin mudra". This hand posture should be maintained throughout Makarasana Part-A. Imagine that your whole body is being energised by the Divine power.



MA-2



MA-3

a) Bring the feet together so that the heels and big toes of both feet are joined (Fig. MA-1).

b) Now turn your head to the right side, simultaneously turning the body to the left side (Fig. MA-2). Take care that the shoulders are not raised from the ground.

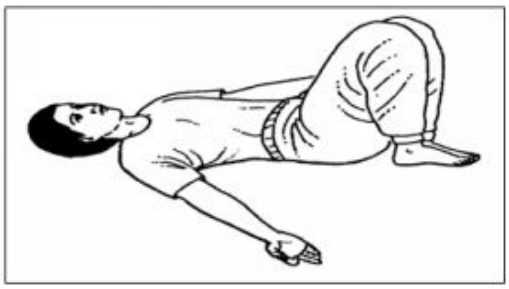
c) Return to the normal lying position. Now turn the head to the left side and twist the body to the right side keeping the shoulders on the ground (Fig.MA-3).

d) Turning head to the right and then to the left makes one set. Do three similar sets.

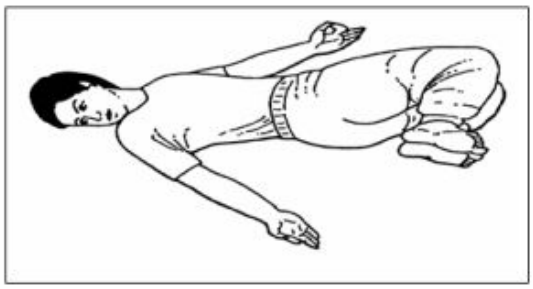
NOTE:

When the head turns to the right, the body twists to the left and vice versa. This twist should be mastered well to understand the rest of the exercises.

POSTURE 2:



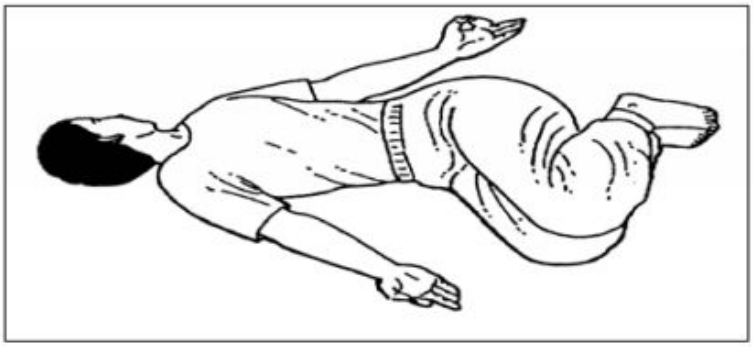
MA- 4



MA- 5

a) Bend the knees (Fig. MA-4). The heels should be brought near the thighs and kept on the floor. The knees and feet should be kept together.

b) In this position, do the same twist of head and body as mentioned in 1(b) above. Turn head to the right side and twist the body and knees to the left side (MA-5).

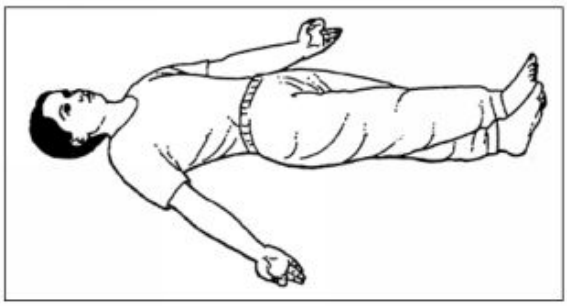


MA- 6

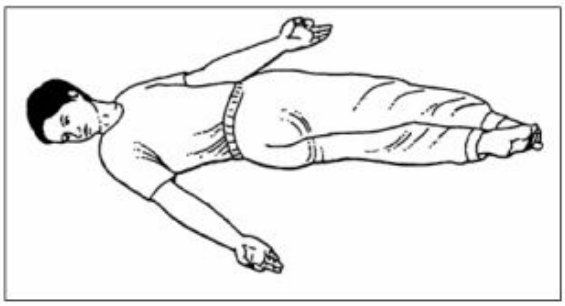
c) Then turn head to the left side and twist the body and knees to the right side (Fig. MA-6). Keep the shoulders on the floor. While turning, knees should not be spread.

d) Do this exercise 3 times to each side.

POSTURE 3:



MA-7



MA-8

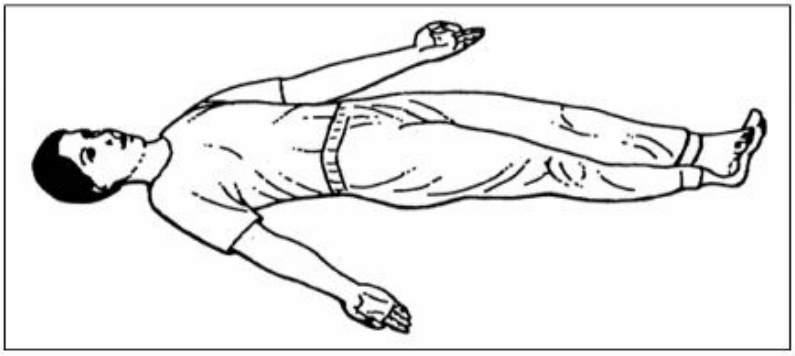
a) Extend the legs straight. Keep the right foot crossed over the left foot at the ankles (Fig. MA-7).

b) In this position, do the same twist of head and body as shown in (Fig. MA-8) i.e., Turn the head to the right side and the body to the left side.

c) Do this on the other side, with head turning to the left side and body to the right side. Keep the knees straight.

d) Do this exercise 3 times to each side.

POSTURE 4:



MA- 9

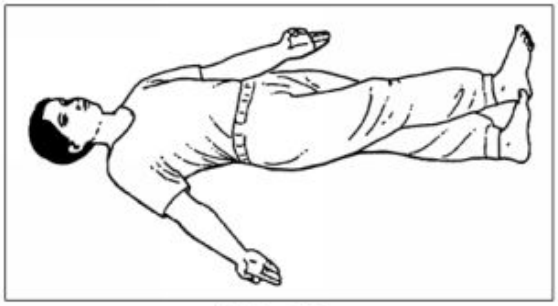
a) In the same position, keep the left foot crossed over the right foot at the ankles (Fig. MA-9).

b) Do the same twist. Turn head to the right side and body to the left side.

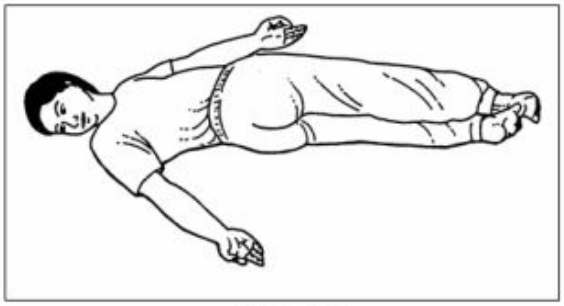
c) Turn head to the left and body to the right. Knees should not be bent and shoulders should not be raised from the floor.

d) Do this 3 times to each side.

POSTURE 5:



MA-10



MA-11

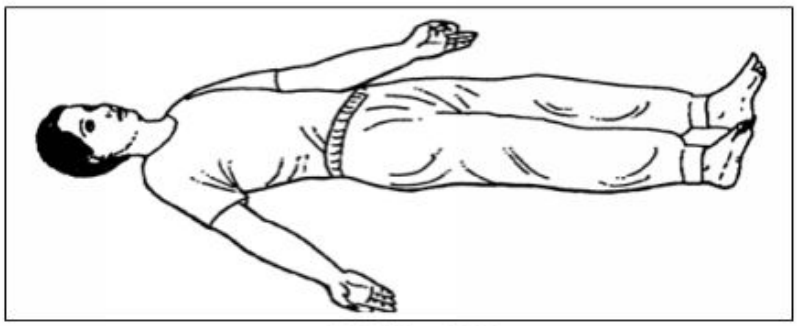
a) Keep the right ankle between the big toe and the next toe of the left foot (Fig. MA-10).

b) Do the twist. Turn head to right and body to left (Fig.MA-11). The big toe of right foot should touch the floor. The shoulders should not be lifted from the floor.

c) Turn head to left and body to right.

d) Do this 3 times to each side.

POSTURE 6:



MA-12

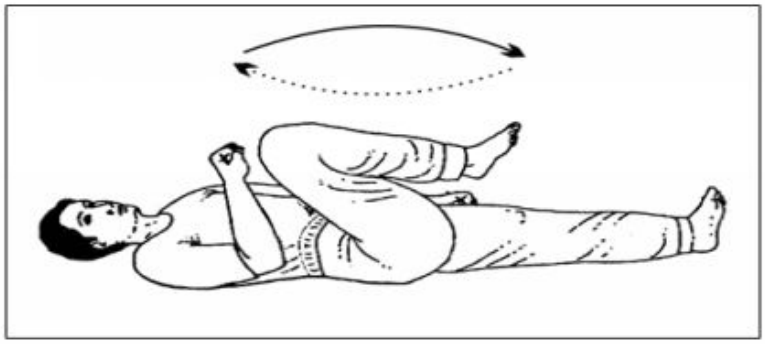
a) Keep the left ankle between the big toe and the next toe of the right foot (Fig. MA-12).

b) Repeat the same twist. Turn head to right and body to left.

c) Turn head to left and body to right. Big toe of left foot should touch floor.

d) Do this 3times.

POSTURE 7:



MA- 13

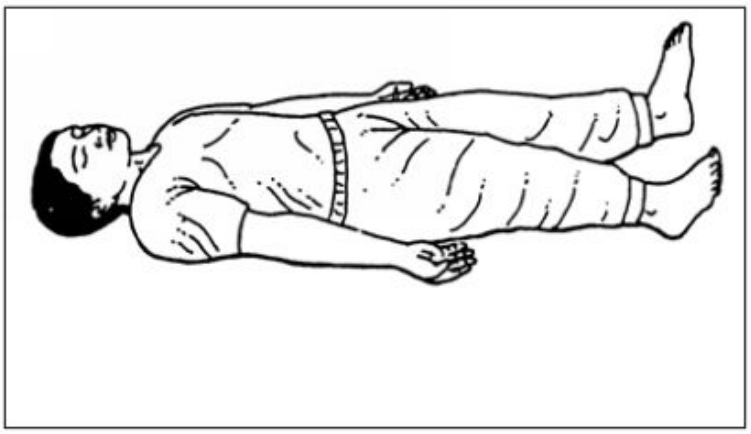
a) Raise your fists and legs above the ground.

b) Stretch your left leg and left hand and simultaneously draw back your right hand and right leg (Fig. MA-13).

c) Then stretch the left leg and left hand in front and simultaneously draw back the right leg and right hand as much as possible.

d) Move your legs as you do in cycling. The movement should be elliptical and cyclic. Stretch your legs to full length and keep them above the ground. The heals should not touch the floor. The head should remain on the floor.

(e) Do this exercise 10 times.



MA- 14

RELAXATION:

After finishing this exercise, relax your body. Keep the fingers of hand free. Keep both legs apart (Fig. MA -14).

Relax for a minute in this posture.

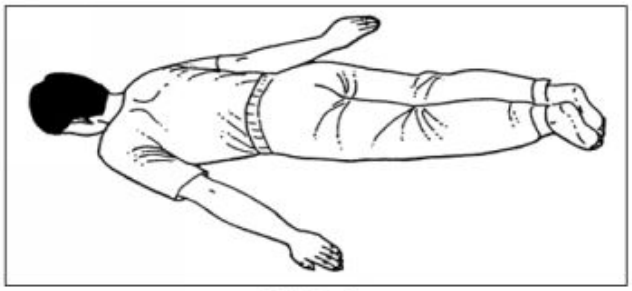
NOTE:

Pregnant women are advised not to do the exercises of Makarasana Part A and B.

2. MAKARASANA (Part-B)

POSTURE 1:

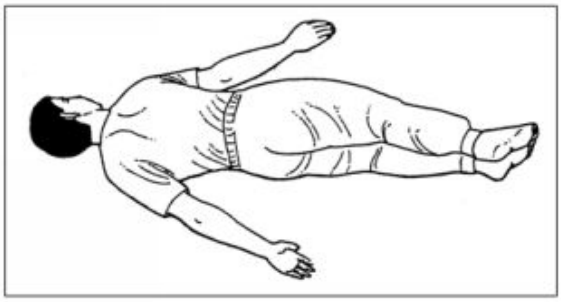
In the second half (Part B) of Makarasana, the basic position is lying on one's stomach.



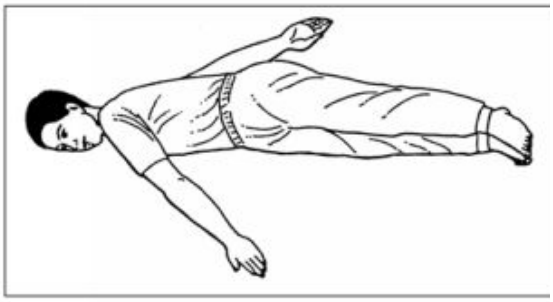
MB-1

The hands are kept on both sides at 45° to the body with palms facing down.

a) Keep the legs straight (Fig. MB-1.) Bring the feet together so that the big toes and heels of both are joined.



MB-2



MB-3

b) Turn the head to the right so as the left cheek rests on the ground and twist the body to the extreme right a (Fig. MB-2). The right palm should be flat on the floor. The left palm should be turned to face upwards.

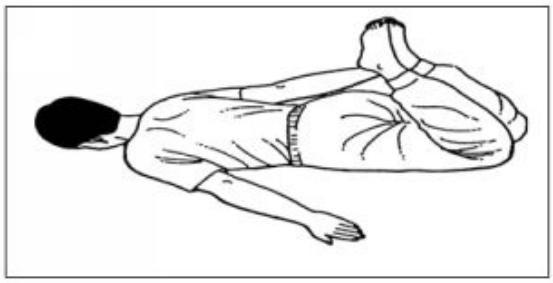
c) Now turn the head to the left so as the right cheek rests on the ground and twist the body to the extreme left (Fig. MB-3). The palms should flip so that the left palm is flat on the floor and the right palm faces up-wards. While twisting, as far as possible the shoulders should not raise off the floor.

d) Repeat the twist 3 times to each side.

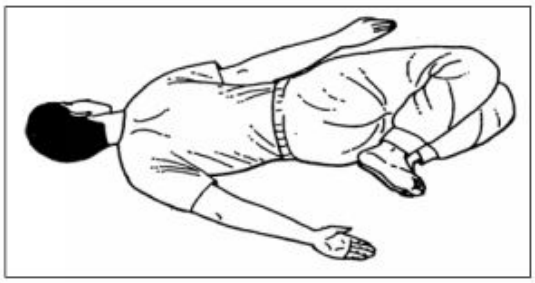
NOTE:

Turn your head and body to the same side. The chest should not be lifted from the floor.

POSTURE 2:



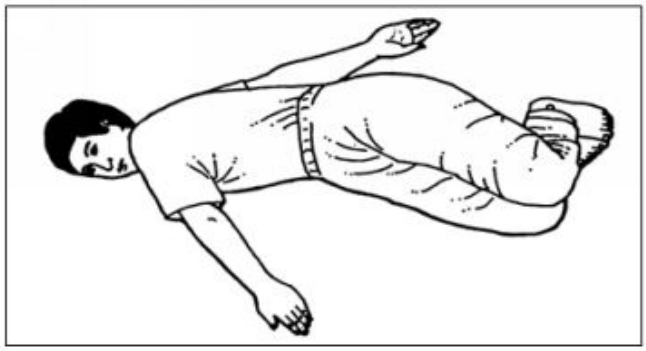
MB- 4



MB- 5

a) Bend the legs at the knees (Fig. MB-4). Keep both feet joined together from big toe to heel. The chest should be placed firmly on the floor.

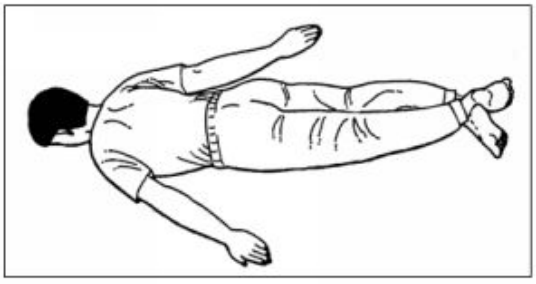
b) Do the twist by turning the head and body to the right side (Fig. MB-5). Right palm touches floor and left palm faces upwards.



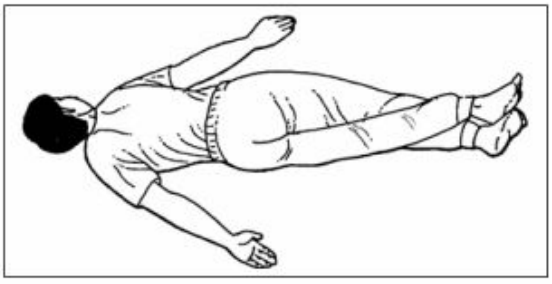
MB- 6

c) Then turn the head and body to the left side. Turn the left palm facing downwards and right palm facing upwards (MB-6).

d) Do this exercise 3 times to each side.



MB-7

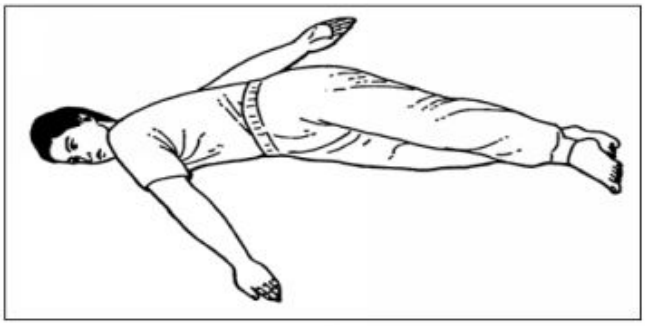


MB-8

POSTURE 3:

a) Keep the right foot crossed over the left foot at the ankles (Fig. MB-7).

b) Turn the head and body to the right side (Fig. MB-8). The right palm touches floor and the left palm faces upwards. The chest and shoulders should not be lifted.



MB- 9

c) Turn the head and body to the left side (Fig. MB-9). Turn the left palm pressing the floor and the right palm facing upwards.

d) Do this exercise 5 times to each side.

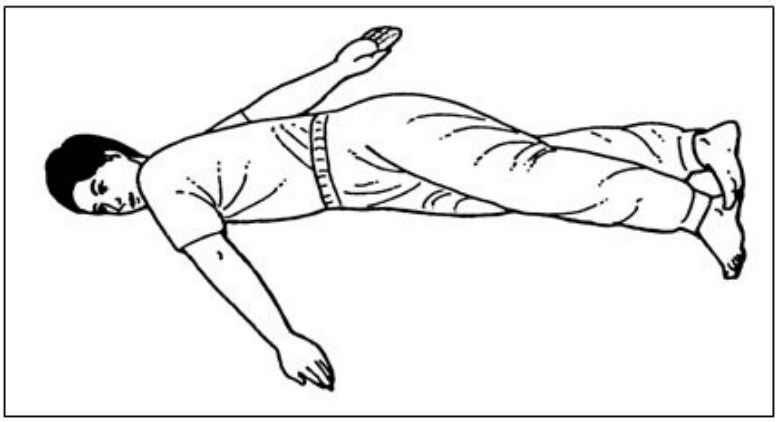
POSTURE 4:

a) Keep the left foot over the right foot crossing at the ankles.

b) Repeat the twist by turning the head and body to the right.

c) Turn the head and body to the left. Turn also the hands.

d) Do this exercise 3 times.



MB-10

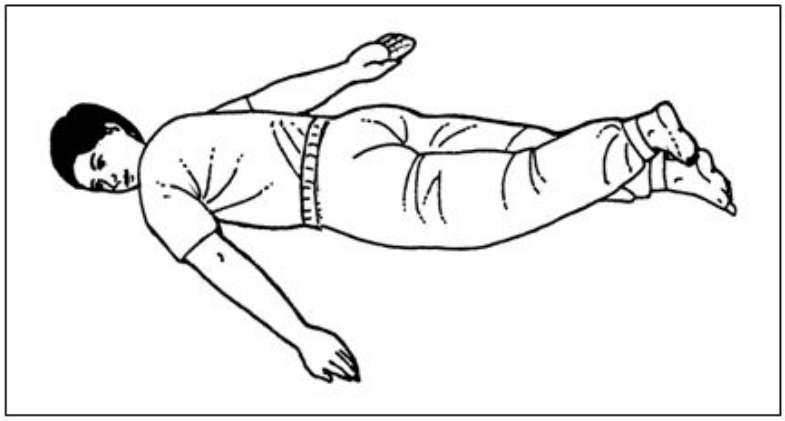
POSTURE 5:

a) Raise the right foot. Keep the big toe and the next toe of the right foot on either side of the left ankle. The left ankle is in between the big toe and next toe of the right foot (MB-10).

b) Repeat the twist by turning the head and body to the right. Right heel should touch floor. Knees should be straight.

c) Turn the head and body to the left. Shoulder should not be raised.

d) Do this exercise 3 times to each side.



MB-11

POSTURE 6:

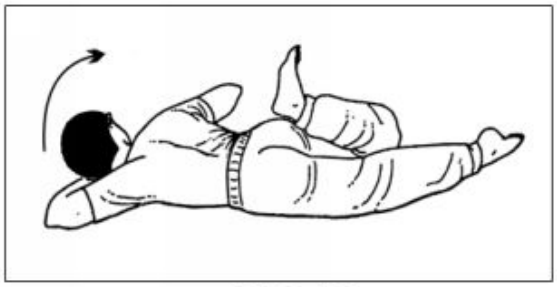
a) Raise the left foot. Keep the right ankle in between the big toe and had next toe of the left foot (MB-11).

b) Repeat the twist by turning the head M544 and body to the right. Left heel should touch floor.

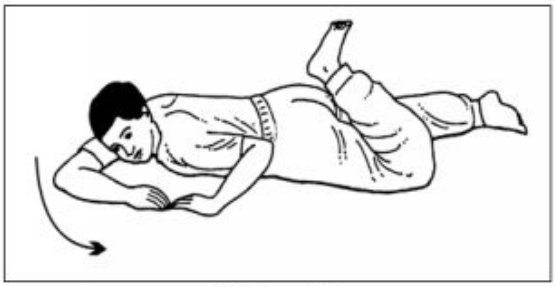
c) Turn the head and body to the left.

d) Do this exercise 3 times to each side.

POSTURE 7: (Keep eyes open)



MB-12



MB- 13

a) Keep the arms raised and bent at the elbows. Extend the fingers and keep middle fingers touching each other below the face. Raise

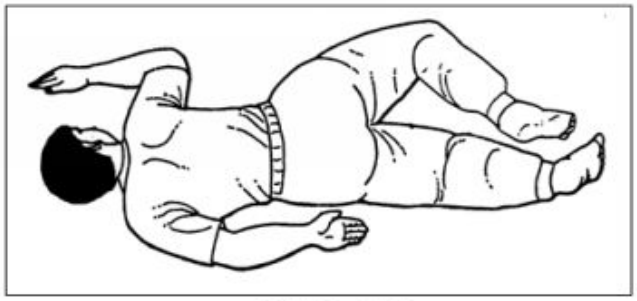
the head, chest and hands from ground. Keep the legs extended straight.

b) Now turn the body from the waist to the right (Fig. MB-1 2) and fold the right leg in such a way that the calf-muscles of the right leg touch the right thigh. Hands are moved to the right side and eye sight is focused on the middle fingers.

c) Now turn the body from the waist to the left (Fig. MB-13) and fold the left leg in such a way that the calf-muscles of the left leg touch the left thigh. Which-ever side the head turns, the leg of that side should be folded, the other leg being kept straight. The whole exercise will resemble the movement of a crocodile.

d) Do 5 twists to each side.

RELAXATION:



MB- 14

Turn your face to the right side placing the left check on the floor. Stretch the left leg on the floor and bend the right leg at the knee. Bend the right hand at elbow and place it above your head with palm facing down (Fig. MB -14). Place the left arm by your side with palm facing upwards. Close your eyes.

Relax for a minute in this posture.

NOTE:

Pregnant women are advised not to do the exercises of Makarasana Part A and B.

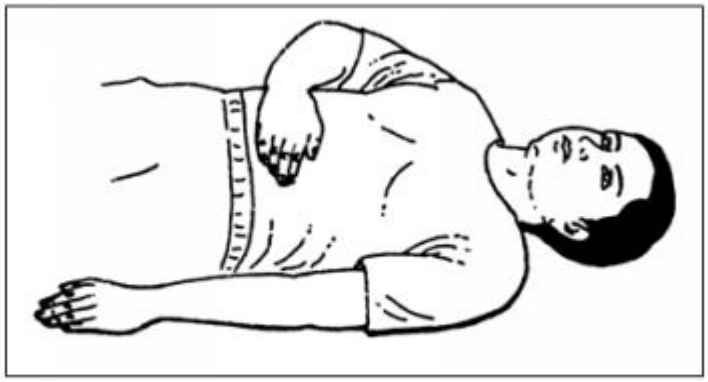
BENEFITS:

1) It strengthens the abdominal muscles.
2) It normalizes the activity of the endocrine glands.
3) It helps to cure diabetes, arthritis, sciatica, high blood pressure, hip pain, spinal pain and neck pain.

4) As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened.
5) All nerves emanating from the backbone are strengthened.
6) Legs and abdominal region are strengthened.
7) Obesity is reduced.
8) For women, it regulates the menstrual cycle and helps to cure uterus problems.

7. MASSAGE

POSTURE 1:



M-1

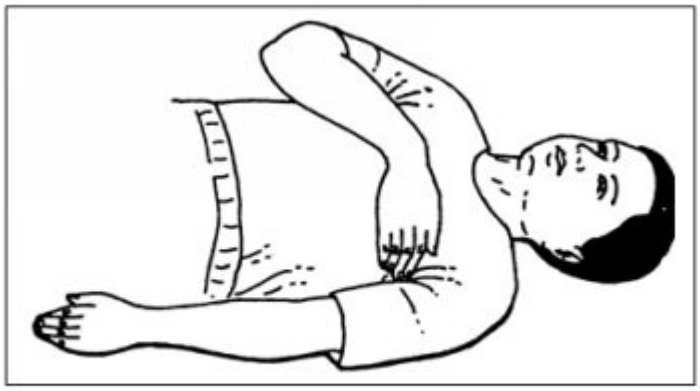
a) Lie down on the back. Keep the whole body relaxed. Close your eyes. Keep your right palm above the navel (Fig.M-1).

b) Massage around navel clock-wise 3 times.

c) Do the same anti-clockwise 3 times.

d) Again massage around navel clockwise 3 times.

POSTURE 2:



M-2

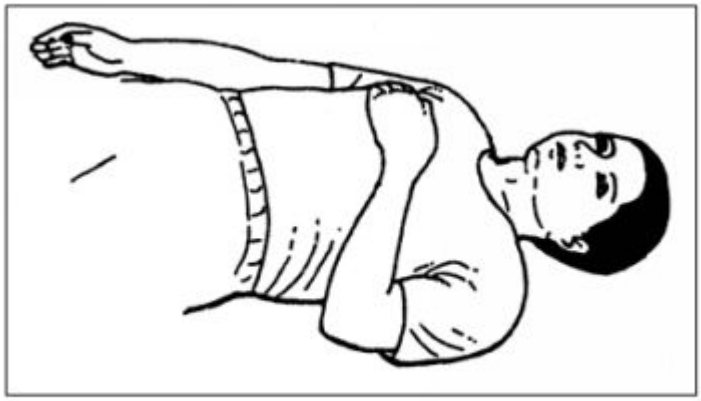
a) Place your right hand over the left lung (Fig. M-2).

b) Massage around the left lung clock- wise 3times.

c) Do the same anti-clockwise 3 times.

d) Again massage around the left lung clockwise 3 times.

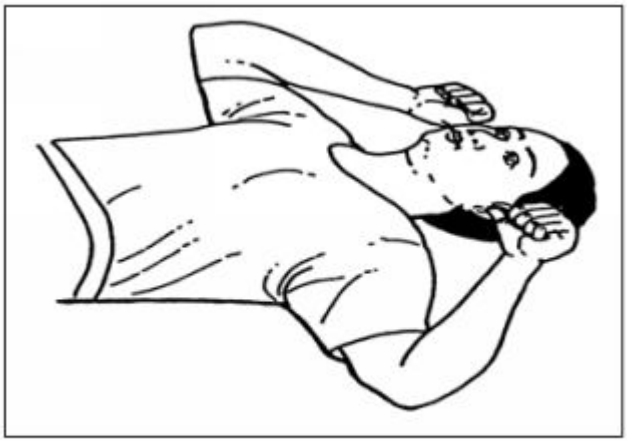
POSTURE 3:



M-3

a) Keep your left hand over the right lung (FigM-3).
b) Massage around the right lung, clockwise 3 times.
c) Do the same anti-clockwise 3 times.
d) Again massage around the right lung clockwise 3 times.

POSTURE 4:



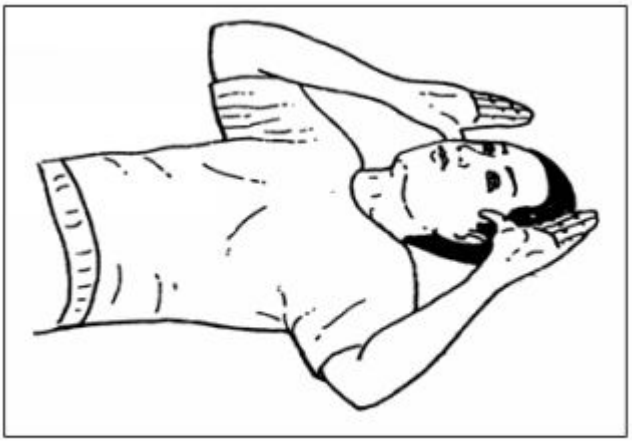
M- 4

a) Fix the right thumb in the ear-pit of the right ear and the left thumb in the ear-pit of the left ear (Fig.M-4).
b) Rotate the thumbs clockwise 3 rounds.
c) Do the same anti-clockwise 3 times.

d) Again rotate clockwise 3 times.

e) Further, press and massage all parts of the external ears including ear-lobes, using thumbs and forefingers.

POSTURE 5:



M- 5

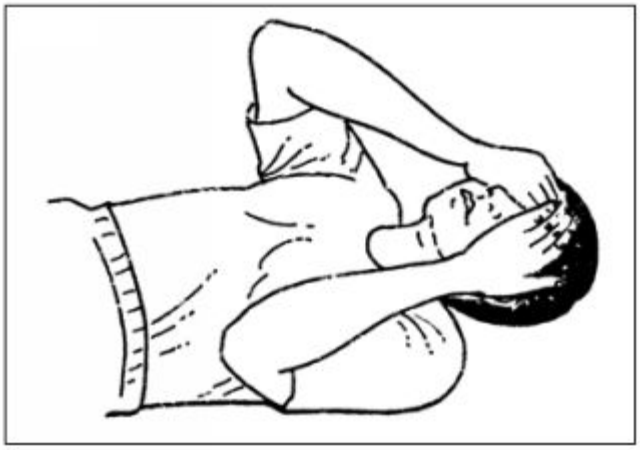
a) Place the thumbs on the temples. (Fig. M-5).

b) Movethemclockwise3times.

c) Do the rotation anti-clockwise 8 times.

d) Again rotateclockwise3times.

POSTURE 6:



M-6

a) Place your palm on your eyes (Fig.M-6).

b) Massage the nose by pressing the sides of the nose with the little fingers, from up to down.

c) Do this exercise 3 times.

POSTURE 7:

M-7

a) Place the right palm on the right side of the face and the left palm on the left side of the face (Fig. M-7).

b) Massage the face by moving the right hand anti-clockwise (cheek, eyebrow, forehead, temple, face) and left hand clockwise.

c) Do this exercise 3 times.

BENEFITS:

1) It regulates the flow of bio-magnetism in stomach and chest.

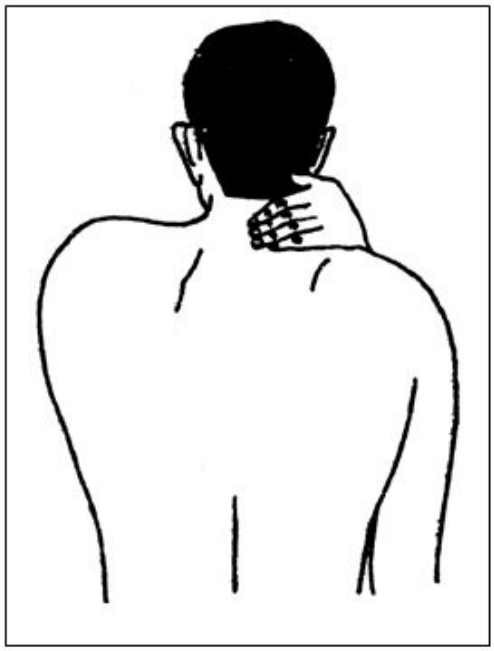
2) Internal organs are strengthened.

3) It helps to cure the hearing problems and regulates the function of ear.

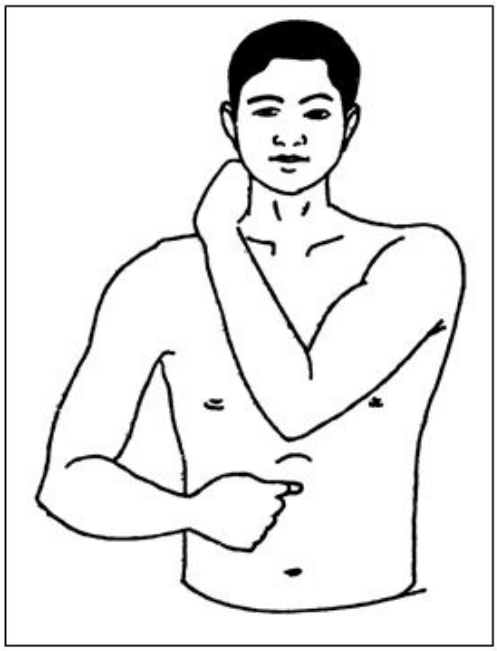
4) It also regulates the blood circulation in face and makes the face bright.

8. ACU-PRESSURE

1) Lie down on the back and close your eyes. Pressure will be applied to 14 points on the body.

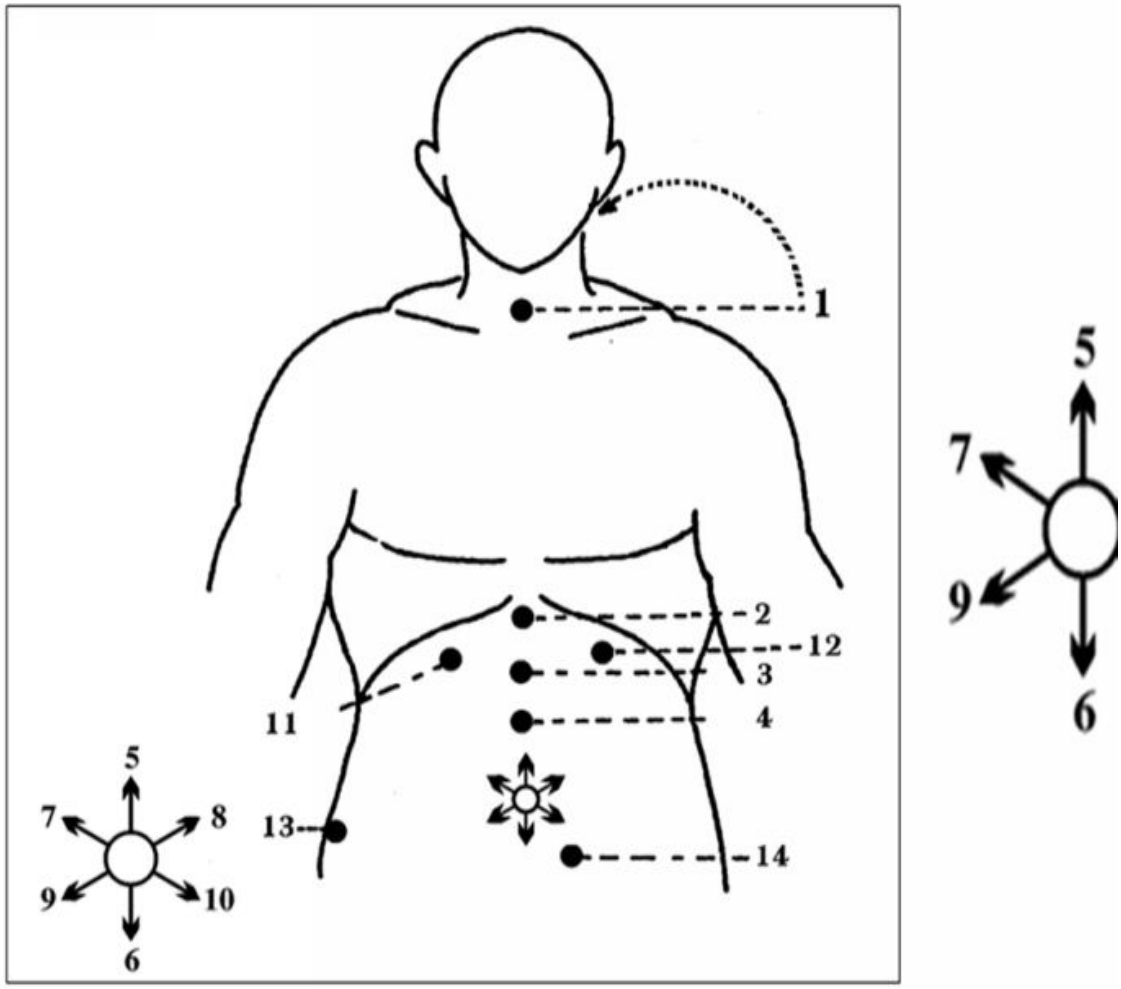


A-1



A-2

Bend your left arm at the elbow joint diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back (Fig. A-1). This is point number 1. This position should be retained throughout the Acu-pressure exercise.



A-3

2) With the tip of the right index finger press the point No. 2, which is one inch directly below A-1 the chest cavity (Fig. A-2 & A-3). Other fingers should not touch the body. Thus pressing, meditate on this point No.2 for 30 seconds.

3) Shift the tip of the right index finger down-wards by one inch to point No. 3. marked in the illustration A-3. As before, meditate on this point for 30 seconds.

4) Shift the tip of the right index finger further downwards by another inch to point No. 4 in the illustration A-3, which is one inch above the navel. Meditate here for 30 seconds.

5) Place the tip of the right index finger in the centre of the navel at point No. 5 and press upwards. It you imagine the navel as a

clock, then the point No. 5 is at 12 o' clock. Meditate on this point for 30 seconds.

6) Next, place the tip of the right thumb in the centre of the navel and press downwards. This is point No. 6 corresponding to 6o'clock. Meditate on this point for 30 seconds.

7) Place the tip of the index finger of the right hand in the centre of the navel at point No. 7 and press upwards diagonally, at an angle of 45~towards right shoulder, as if the navel clock shows 10:30. Meditate on this point for 30 seconds.

8) Place the tip of right index finger in the centre of navel at point No. 8. With the same finger press upwards diagonally at an angle of45° towards the left shoulder as if the time is at 1:30 on the navel-clock. Meditate on this point for 30 seconds.

9) Place the right index finger in the centre of the navel at point No. 9 and press downwards diagonally towards right thigh. The time on the navel-clock is 7:30. Meditate on this point for 30 seconds.

10) Place the tip of the right thumb at point No. 10 and press downwards diagonally towards the left thigh. The time on the navel clock corresponds to 4:30. Meditate on this point for 30 seconds.

11) Place the tip of the right index finger at point No. 11, which is one inch below the centre of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.

12) In the same manner, with right index finger, touch point No. 12, which is one inch below the centre of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.

13) With the right thumb, press on point No. 13 which is one inch below the extreme right side of the lowest rib. Meditate on this point for 30 seconds.

14) In the same way, place the right index finger and press point No. 14 which is on the left side, exactly mid-way between the navel and the left groin (that is, thigh joint). Press and Meditate on this point for 30 seconds.

Then remove both hands from the body and keep them on the floor. Relax for one minute.

NOTE:

When doing the above exercise the right finger should directly touch the skin of body and not through any cloth.

BENEFITS:

1) Short circuit of electrical energy in any part of the body would be cleared.
2) Acu-pressure is a preventive for heart ailments. It reduces high blood pressure.
3) It regulates the nervous system and reduces tension.
4) It is very helpful in alleviating insomnia.

9. RELAXATION

Lie down on the back. Keep the legs relaxed, about one-and a half feet apart. Close your eyes. Keep the hands relaxed with palms facing up as shown in figure. Now start relaxing the body from the feet upwards. Relax all the ten parts of the body one by one as given below. Feet, Legs, Knees, Thighs, Hip, Stomach, Chest, Hands, Neck, Head.

1) Think of your feet and start relaxing. While relaxing, give this auto-suggestion:

   "My feet are relaxed. Blood-circulation is good; heat-circulation is good; air-circulation is good; life-force circulation is good and magnetic energy circulation is good. I am getting sufficient strength in my feet. Let them take rest. The feet are relaxing. Relax, Relax, Relax."

   NOTE: This should be repeated as you relax the other parts of the body mentioned below, by substituting the particular part as "legs", 'thighs", "stomach", etc.

2) Next relax the legs (calf-muscles).
3) Relax the knees.
4) Relax the thighs.
5) Relax the abdomen.
6) Relax the stomach.
7) Relax the chest.
8) Relax the shoulder and arms.

9) Relax the neck.

10) Finally relax the head and face.

"Then, think of each part from the head down to the feet, making sure all parts are relaxed.

(i.e.) The head is relaxed. The neck is relaxed. The shoulders and arms are relaxed. The chest is relaxed. The stomach is relaxed. The abdomen is relaxed. The thighs are relaxed. The knees are relaxed. The calf muscles are relaxed. The feet are relaxed.

"The whole body is completely relaxed.

Keep the eyes gently closed. Do not think of any particular thing. Think only of the breath going in and out.

"Lie in this position for 10 minutes."

This relaxation can be done at the end of the exercises. It you feel sleepy at the close of this exercise, you may sleep for a few minutes.

GETTING UP:

While getting up, first gently move the fingers, hands, legs and body. Then, always roll over to the left side and slowly get up.

NOTE:

Those who are suffering from insomnia can do both acu-pressure and relaxation exercises and can get good sleep.

BENEFITS:

1) This relaxation is very helpful in bringing down high blood pressure.
2) Lt helps to prevent heart trouble, if practised regularly.
3) It reduces the tension in the body and mind and brings calmness.
4) Body gets full rest.
5) It regulates the circulation of blood, heat, air, life-force and bio-magnetism throughout the body.

EPILOGUE - LIVE IN HEALTH AND HARMONY

We are teaching a simple system of physical exercises to the members of our World Community Service Centre, and it is necessary that we understand its value in the all-round development of our personality. Not many of my friends remember now that I have been a qualified physician in my time. The experience in the art of healing, added to my intensive study of various categories of physical exercises being followed in many countries, enabled and equipped me to work out a system which I later subjected to field-tests. I was very much gratified with the results and then only did I prescribe it for our members through the book Physical Exercises for Health And Longevity.

The unique speciality of our system is that no limb or internal organ of the practitioner is subjected to any strain. Also, the time required for the entire series is very short and, however busy a life you may lead, you can fit the exercises into your schedule. No mechanical aids or implements are required, nor do you have to seek out an open space. The immediate objective of the exercises is physical fitness of course, but the benefits go far beyond that, as I shall proceed to explain on a scientific basis.

A formula I have often told you is that sin-imprint is the result of a deed (or thought or word, for that matter) that causes harm or inflicts pain or suffering. By the same token, virtue is the result of a deed that helps to eradicate the sin imprint and thereby preserve and consolidate happiness that is the bounty of Nature to man. Virtue breaks the shackles that keep Consciousness tied down and aids the Consciousness to rise to higher levels. That way, the physical exercises are not less important than Meditation for the purpose of getting ourselves liberated from sin-imprints. This statement of mine might cause surprise to you, l know, but you would be convinced when l detail the reasons.

What is disease? It is the absence of ease, "disease". When does it get hold of us? When some wrong acts on our part are done either in emotion or out of ignorance, the cellular harmony of our physical system is disturbed or disarranged and there is a short-circuit of electrical energy at a spot or over an extended area. ls this not an imprint of action? This imprint is even transmitted to progeny through the seed-cell. Our method of Yoga is actually a process of purification from such imprints.

Therapy, as you know, is of two kinds: curative and preventive. The latter is superior and it calls for forethought and awareness. Modern medicine is curative in approach for the most part and it is often invasive in nature, with the result that every drug has its contra-indications and after-effects or reactions. Symptomatic relief is aimed at to start with, because in a high pressure social set-up, patients are as much in a hurry as the doctors, and follow up is thought of only when it is unavoidable.

Immunity Against Disease

Now, what should you do for preventive care? Let us examine. Remember that our body, our physical system, is made up of five layers:

1) Cells which are the solid part;
2) Blood and lymphatic fluid forming the liquid-section;
3) Heat which is the conversion of electrical energy through the nerves and which in the long process of evolution, is at 98.6" Fahrenheit (37.0'C) so as to maintain blood circulation and proper manufacture and distribution of chemicals;
4) Air to clear carbon-di-oxide and supply oxygen; and lastly.
5) Life-force.

Physical health and mental health can be maintained and preserved only as long as there is harmony in the relationship between life-force and body. In order that this relationship may be harmonious, it is necessary that blood-circulation, heat-circulation and air-circulation are properly functional in quantity and quality.

If for any reason even one of these circulations is impeded, changes direction, exits, gets reduced in quantity or speed, the cellular arrangement in that spot or area is disturbed or disorganised. Any upset in one of these three circulations has a chain-effect on the other two also.

The electrical energy normally available in that spot or area would not be adequate to set right the imbalance. Consequently, more energy flows to the crisis-zone from the rest of the body. A puncture is there already and with excessive magnetism being converted to electricity, a short-circuit or earthing is the inevitable result.

When this short-circuit is of a brief duration, it is called “pain”. If it is of longer duration or the affected area is extensive, it is “disease".

In extreme cases the energy in the system is unequal to the task of setting right the imbalance and the stock of energy is drastically reduced to near zero. The life-force then gives up the job of providing the wherewithal to maintain the metabolic routine. In self-generated heat the life-force then destroys its own battery that is the sexual vitality and makes its get away. This point is “death”. Note carefully what I have said, for you would not find this intricacy explained to you in any other book, either of Medicine or Philosophy.

And so, if we desire to be in sound physical and mental health, it is up to us to ensure that our blood-circulation, heat-circulation and air-circulation are in order. Upsets could occur either due to our own erroneous habits or actions, or due to action from without. If, even while in normal circumstances, we train ourselves to increase the level of immunity at least to some extent, it would be possible to keep many a disease at bay. Our duty is now clear in this regard.

Hazards of Over-eating

Acidity is the cause for disturbance in blood-circulation. Suppose you keep aside cooked food for48 hours. Does it not turn

rancid? That is acidity in action. The situation is not different when undigested food remains overlong in our abdomen or intestines. Flatus (gas) makes its presence felt and you feel heavy and uneasy. The cells in our body draw nutrients from food only to the extent of actual need and the surplus food is simply rejected by the system. Excess acid in due course gets into the blood-stream where it does not belong. The blood-cells resent this intrusion and pass some extent of their own disturbance in the form of gas to the nerves. Gas and nerves are incompatible.

An example would be puncture occuring in the insulation of an electric cable and thereby interfering with conduction. When nerves go dead, the limbs that are looked after by them, get impaired in their functioning or there is lack of sensation in that part of the anatomy. You would now see how wrong it is to think that the stomach should always be packed to capacity. The walls of the abdomen distend when more loads is brought in. If over-eating becomes a habit, one tends to feel one is hungry even when the food-level is reduced marginally.

The life-force in our system is constantly in the process of fluctuation, i.e., accumulation and depletion. Food is only one of the sources for the life-force. There are three other sources, viz., (i) the air we breathe in (ii) astronomical radiations and (m) atomic fission resulting from the crushing of the atoms in the interior regions of the Earth which releases isotopes. Thus from these four points of supply the cells of our body draw in the life-force to the required extent.

The supply from each of these four sources is of a distinct proportion, and a proper and judicious combination is necessary for the efficient functioning of body and mind. Obsession with food alone, as is often the case with us, results in deficiency of nourishment on account of the other three channels not being utilisied to the required extent. Calcium-deficiency, iron deficiency and the like, arise on account of this imbalance in intake.

At the dining table, we are for the most part under the influence of the taste-sense. It is an emotional condition actually,

where our judgement could be impaired. Only in order to generate the appropriate corrective awareness, Kaya Kalpa exercise is prescribed before taking food or drink. *What should be remembered is that nourishment is not in direct proportion to the quantity of food-intake*.

The food-items should be such as are suited to your digestive system and you should have felt appetite well in advance. Actually when your stomach remains hungry for a while, the cells of the body naturally get oriented to draw sustenance from the outer atmosphere (space) and from inner-earth radiations. Then you go to your lunch or dinner and there is balance in intake. Follow this advice and you will find that your intellectual faculties are rendered more brisk and sharp as a result.

Work, Rest & Sex

As in any running machinery, in the physical system too, waste-products are generated continuously. Work is necessary for us so that these waste-products may be duly expelled and space cleared for nutrients to seep into the cells.

Next to food and work comes rest. When a man is at rest the Nature takes up repair work to mend the damages done by him to his own system in his active hours. It is rather like the mother putting the baby to sleep and keeping a close watch over it. Parts in the system that were overstrained or weakened, are set right when man rests.

In this manner, food, work and rest are necessary for every man. The fourth requisite, equally important, is sex. The surplus of sexual fluid has to go out, like any other biological waste. Note that I say only "surplus". If even after expelling the surplus, you proceed to deplete the stock itself, you are, in effect, reducing the quantity and intensity (quality) of your life-force itself. In turn human magnetism gets reduced and the cellular arrangement is loosened to the extent. Nerves are the casualty in the process. Nervous weakness, nervous breakdown, is too heavy a price to pay for emotional indulgence. The objective here should not be

pleasure so much as avoiding misery. If this guiding principle is ingrained in the mind, it would be the best of safeguards.

Not only sex-thought, every thought is only a projection of our imagination. For example, when we think of a benefactor of ours, pleasant thoughts fill our mind. On the other hand, when someone who has done harm to us is thought of, we get agitated and harsh. The reason is that in the latter case, our life-energy is being thrown away at a rapid rate. Sudden fear, likewise, has been known to cause death even; and the victim is seen with blood flowing out of his nostrils or mouth. The lesson is clear: When the human magnetism is subjected to sudden conversion, harmony is lost between body and life. An upsurge of joy has a similar effect and one could even become mentally deranged as a consequence.

Let us take the other side, where we have learnt to master our emotions. Through steady practice if we train ourselves to be free of malice, hatred, jealousy, fear, worry and anger, the human magnetism is both conserved and channelled constructively. The sum and substance of what I am stressing is that Food, Sleep (rest), Work, Sex and Thought-force should neither be disregarded, nor over-indulged in, nor be perversely indulged in. Following these three rules is the best preventive of disease and you do not need any other tonic or medicine.

Safe & Strain-free System

Earlier I referred to certain assaults from without that could affect our health. Any act of Nature causing chemical disturbance in our system is one such factor. Also radiations which came from outer space at the time of our birth, could have some effect on our metabolism. Any setback on account of these factors too could be mitigated if we observe the rules regarding food, sleep, work, sex and thought-force.

On the physical side, exercises do help to ensure proper circulation of blood, heat and air in the system. When the electric fan fails at night, mosquitoes take over and sleeplessness brings

fatigue in its wake. Or there is overwork at office and we are tired out. In such circumstances, simple physical exercises, particularly deep breathing, are useful to bring the circulatory system back to normal.

What are known as “Asanas” are only intended to set right blood-circulation. “Asana" in Sanskrit means “seat”. When you are seated, blood-circulation is more in the downward direction under the influence of Earth’s gravity. If you stand on your head, more of blood would flow into the brain-region. This exercise may be useful in specific cases of insufficiency of blood-supply to the cranial region but otherwise it could lead to complications.

The aperture of the capillaries in the brain is very minute and if the tiny blood-vessels are subjected to expansion through over-inflow of blood, they might not contract back to the original diameter after the age of 40. It is against this background that I am stressing that a system of physical exercises, to be safe, should be such as not to cause stress to any limb or internal organ.

Toning Up The Nerves

The Foot-Reflexology and the Acu-Pressure exercises in our book are intended to tone up the nerves. These two exercises activate the nerves and correct electrical imbalances. Foot-Reflexology works on the major nerves that influence the entire body.

Next, there is the Breathing exercise. Through this exercise all the parts of the lungs - front, back, lower and upper- are made to contract and expand. Intake of oxygen is increased thereby and this contributes to well-being. The Neuro-muscular Breathing is of proven efficacy in this category. We do the Breathing exercise in seven different postures and so deep-breathing is done 35 times in all. In youth as also in old age, the Breathing exercise is an invaluable aid to healthy living.

The Hand Exercises are to combat arthritis of the wrist and shoulder-joints. When you raise your arms, blood-flow is more to

the shoulders and rotation of the arms speeds up the circulation. The lubricant in the joints is also distributed evenly. Minor circulatory problems such as numbness or unsteadiness of fingers on getting up from bed would be cleared in a fortnight through this simple exercise.

Our system of physical exercises acts curatively too for a wide spectrum of ailments. According to the present-day medical science, diseases such as hypertension, coronary ischaemia, diabetes, asthma and even constipation can only be managed and not cured. Our exercises do cure these ailments if in the initial stages. In advanced conditions the exercises check aggravation of disease and they could be adopted in conjunction with appropriate medication. Do not forget, however, that restraint in food-habits is necessary.

Success in Life

This is the first time that the value of our system of physical exercises is brought on record in such depth and detail. Even then we would hear our friends saying, "Oh, Sir, where is the time for exercising, burdened that I am with excessive responsibilities both at home and in the office!" The fact of the matter is that if only you allot 30 minutes daily for the exercises, you would build up more efficiency and speed in work. Also you would feel fit and cheerful; and would not this itself be a distinct gain to you, at home and in the work spot?

I am aware that if I permit salesmanship and aggressive publicity and also charge a high fee for teaching these exercises, the system would catch the imagination of the public and become very popular and sought-after. But right from the start I have been clear in my mind that the benefits of the system should flow to the poor people too and that is why I have been teaching it free. If, by experience, you are convinced that the exercises are useful, then your gratitude should be in the form of teaching the exercises to ten others known to you. Let the system spread that way and in a decade it would reach the international level.

The exercises are beneficial not to you alone. If, while living, we develop a healthy mind in a healthy body, would not our children be of robust structure? Our physical exercises combined with meditation have this long-term effect and our mind also broadens when we think of the health and welfare of the generations to come. In conclusion, dear friends, I appeal to you to be regular in doing physical exercises and meditation. When workload increases, let not these be the first to be jettisoned from your daily schedule! Physical exercises and meditation constitute the service that we render to the Absolute enshrined within us; and this Consciousness would pay steady dividends in terms of harmony and happiness as nothing else would.

-Thathuvagnani Vethathiri Maharishi